B	I	N	G	O
TALK TO SOMEONE	AVOID ALCOHOL	EAT HEALTHY	MEDITATE	IDENTIFY YOUR STRENGTHS
BREATHE	TALK IT OUT	LISTEN	AVOID BURNOUT	TAKE A WALK
THINK ABOUT WHAT YOU WANT	AVOID DRUGS	GET INVOLVED WITH SOMETHING YOU LIKE TO DO	GIVE YOURSELF TIME FOR YOURSELF	SOCIAL INTERACTION
GOOD SUPPORT SYSTEM	MEDICATION	EXERCISE	LAUGHTER	BELIEVE IN YOURSELF
SING	COUNT YOUR BLESSINGS	VOLUNTEER	DEAL WITH STRESS	GET ENOUGH REST

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B	I	N	G	O
THINK ABOUT WHAT YOU WANT	AVOID DRUGS	TAKE A WALK	AVOID BURNOUT	BELIEVE IN YOURSELF
DEAL WITH STRESS	SOCIAL INTERACTION	GET INVOLVED WITH SOMETHING YOU LIKE TO DO	IDENTIFY YOUR STRENGTHS	MEDICATION
BREATHE	EAT HEALTHY	LISTEN	LAUGHTER	TALK TO SOMEONE
GOOD SUPPORT SYSTEM	COUNT YOUR BLESSINGS	TALK IT OUT	EXERCISE	MEDITATE
SING	VOLUNTEER	GET ENOUGH REST	AVOID ALCOHOL	GIVE YOURSELF TIME FOR YOURSELF

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B	I	N	G	O
SOCIAL INTERACTION	LAUGHTER	COUNT YOUR BLESSINGS	DEAL WITH STRESS	EXERCISE
BELIEVE IN YOURSELF	GET ENOUGH REST	BREATHE	GET INVOLVED WITH SOMETHING YOU LIKE TO DO	TALK TO SOMEONE
GOOD SUPPORT SYSTEM	SING	LISTEN	AVOID DRUGS	TALK IT OUT
THINK ABOUT WHAT YOU WANT	MEDICATION	VOLUNTEER	AVOID BURNOUT	AVOID ALCOHOL
GIVE YOURSELF TIME FOR YOURSELF	TAKE A WALK	MEDITATE	EAT HEALTHY	IDENTIFY YOUR STRENGTHS

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