

B	I	N	G	O
TRY A NEW FITNES ACTIVITY	ASK FOR HELP	EXERCIS E	STRETCH FOR 10 MINUTES	LISTEN
DEAL WITH STRESS	THINK ABOUT WHAT YOU WANT	MEDITATE	AVOID CONFLICT	SOCIAL INTERACTION
TALK TO SOMEONE	USE THE STAIRS FOR A WEEK	FREE	BELIEVE IN YOURSELF	GOOD SUPPORT SYSTEM
COUNT YOUR BLESSINGS	IDENTIFY YOUR STRENGTHS	TAKE A WALK	LAUGHTER	TALK IT OUT
GET INVOLVED WITH SOMETHING YOU LIKE TO DO	MEDICATION	GET ENOUGH REST	BREATHE	SING

B	I	N	G	O
USE THE STAIRS FOR A WEEK	TAKE A WALK	SOCIAL INTERACTION	SING	TALK IT OUT
BELIEVE IN YOURSELF	COUNT YOUR BLESSINGS	LISTEN	DEAL WITH STRESS	MEDICATION
AVOID CONFLICT	GIVE YOURSELF TIME FOR YOURSELF	FREE	ASK FOR HELP	LAUGHTER
TRY A NEW FITNESS ACTIVITY	BREATHE	VOLUNTEER	STRETCH FOR 10 MINUTES	MEDITATE
EXERCISE	GOOD SUPPORT SYSTEM	IDENTIFY YOUR STRENGTHS	GET INVOLVED WITH SOMETHING YOU LIKE TO DO	THINK ABOUT WHAT YOU WANT

B	I	N	G	O
DEAL WITH STRESS	TALK IT OUT	IDENTIFY YOUR STRENGTHS	STRETCH FOR 10 MINUTES	ASK FOR HELP
USE THE STAIRS FOR A WEEK	SOCIAL INTERACTION	EXERCISE	COUNT YOUR BLESSINGS	MEDICATION
GOOD SUPPORT SYSTEM	GIVE YOURSELF TIME FOR YOURSELF	FREE	BELIEVE IN YOURSELF	AVOID CONFLICT
BREATHE	TALK TO SOMEONE	LISTEN	GET ENOUGH REST	SING
THINK ABOUT WHAT YOU WANT	TRY A NEW FITNESS ACTIVITY	LAUGHTER	GET INVOLVED WITH SOMETHING YOU LIKE TO DO	EAT HEALTHY