

B	I	N	G	O
Bipolar	Inspiration	Nurture	Goals	Open-minded
Buddies	Inner peace	Normalize	Good habits	Observe
Breathing exercises	Introspection	Complimentary {PWS}	Gardening	Overcome obstacles
Balance	Intervention	Nourishment	Growth	Own it
Be patient	Improve	Narrative therapy	Group therapy	Observe thoughts

B	I	N	G	O
Behavioral therapy	Identity	Normalize	Genuine	Organization
Be mindful	Inhale	Nature walk	Grounding	Observe
Buddies	Insight	Complimentary {PWS}	Gardening	Open-minded
Books	Imagery	Nurture	Growth mindset	Observe thoughts
Breathing exercises	Intervention	Narrative therapy	Gratitude journal	Optimism

B	I	N	G	O
Books	Involvement	Normalize	Genuine	Overcome
Brainstorm	Inner strength	Nurturing	Goals setting	Objectivity
Behavioral therapy	Intervention	Complimentary {PWS}	Guided meditation	Optimism
Boundaries	Inner peace	Narrative therapy	Gratitude journal	Open up
Breathing exercises	Improve	New beginnings	Growth mindset	One step at a time