

B	I	N	G	O
Stretch your body	ANXIETY	Drinking enough water	Schedule some downtime	MORE IMPATIENT AND IRRITABLE
Coffee with a friend	Star Breathing	Name 5 things you are grateful for	Ask for help	Procrastination
Setting a sleep routine	Taking mini break	FREE	CONSTANTLY EXHAUSTED	GETTING ILL MORE FREQUENTLY
Go outside for fresh air	Set realistic goals	Less time on social media	FEELING RESENTFUL	NOT SLEEPING
EATING MORE	CRYING A LOT	OVERREACTING TO MINOR THINGS	Watching a funny movie	DIFFICULTY SLEEPING

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Taking mini break	Ask for help	Schedule some downtime	Coffee with a friend	Name 5 things you are grateful for
Drinking enough water	Watching a funny movie	MORE IMPATIENT AND IRRITABLE	CRYING A LOT	Procrastination
Go outside for fresh air	CONSTANTLY EXHAUSTED	FREE	GETTING ILL MORE FREQUENTLY	ANXIETY
FEELING RESENTFUL	OVERREACTING TO MINOR THINGS	Stretch your body	DIFFICULTY SLEEPING	Set realistic goals
Less time on social media	NOT SLEEPING	Setting a sleep routine	Star Breathing	EATING MORE

B	I	N	G	O
CRYING A LOT	OVERREACTING TO MINOR THINGS	Ask for help	NOT SLEEPING	CONSTANTLY EXHAUSTED
Stretch your body	Go outside for fresh air	Less time on social media	Star Breathing	MORE IMPATIENT AND IRRITABLE
Setting a sleep routine	DIFFICULTY SLEEPING	FREE	Set realistic goals	FEELING RESENTFUL
Taking mini break	Procrastination	Schedule some downtime	Watching a funny movie	Drinking enough water
GETTING ILL MORE FREQUENTLY	ANXIETY	Name 5 things you are grateful for	Coffee with a friend	EATING MORE