

B	I	N	G	O
Stretch your body	ANXIETY	EATING UNHEALTHY FOOD	Set realistic goals	Name 5 things you are grateful for
DIFFICULTY CONCENTRATING	Star Breathing	PROCRASTINATION	Ask for help	Set and follow a sleep routine
Spend time in nature	Taking micro/mini breaks	FREE	CONSTANTLY EXHAUSTED	GETTING ILL MORE FREQUENTLY
MORE IMPATIENT AND IRRITABLE	Spend Less time on social media	NOT SLEEPING OR SLEEPING TOO MUCH	FEELING RESENTFUL	OVERREACTING TO MINOR THINGS
FEELING OVERWHELMED ALL THE TIME	Coffee with a friend	Schedule some downtime	Watching a funny movie	Drinking enough water

B	I	N	G	O
Taking micro/mini breaks	Ask for help	Set realistic goals	DIFFICULTY CONCENTRATING	PROCRASTINATION
EATING UNHEALTHY FOOD	Watching a funny movie	Name 5 things you are grateful for	Coffee with a friend	Set and follow a sleep routine
MORE IMPATIENT AND IRRITABLE	CONSTANTLY EXHAUSTED	FREE	GETTING ILL MORE FREQUENTLY	ANXIETY
FEELING RESENTFUL	Schedule some downtime	Stretch your body	Drinking enough water	Spend Less time on social media
NOT SLEEPING OR SLEEPING TOO MUCH	OVERREACTING TO MINOR THINGS	Spend time in nature	Star Breathing	FEELING OVERWHELMED ALL THE TIME

B	I	N	G	O
Coffee with a friend	Schedule some downtime	Ask for help	OVERREACTING TO MINOR THINGS	CONSTANTLY EXHAUSTED
Stretch your body	MORE IMPATIENT AND IRRITABLE	NOT SLEEPING OR SLEEPING TOO MUCH	Star Breathing	Name 5 things you are grateful for
Spend time in nature	Drinking enough water	FREE	Spend Less time on social media	FEELING RESENTFUL
Taking micro/mini breaks	Set and follow a sleep routine	Set realistic goals	Watching a funny movie	EATING UNHEALTHY FOOD
GETTING ILL MORE FREQUENTLY	ANXIETY	PROCRASTINATION	DIFFICULTY CONCENTRATING	FEELING OVERWHELMED ALL THE TIME