

B	I	N	G	O
Stretch your body	ANXIETY	EATING UNHEALTHY FOOD	SPENDING TOO MUCH TIME ON SOCIAL MEDIA	MORE IMPATIENT AND IRRITABLE
Do a random act of kindness	Spend time in nature	Name 5 things you are grateful for	Ask for help	PROCRASTINATION
Set realistic goals	Taking micro/mini breaks each day	FREE	CONSTANTLY EXHAUSTED	GETTING ILL MORE FREQUENTLY
Have coffee with a friend	Set and follow a sleep routine	Intentionally Schedule some downtime for yourself	FEELING RESENTFUL	NOT SLEEPING OR SLEEPING TOO MUCH
FEELING OVERWHELMED ALL THE TIME	DIFFICULTY CONCENTRATING	OVERREACTING TO MINOR THINGS	Watch a funny movie	Drinking enough water

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Taking micro/mini breaks each day	Ask for help	SPENDING TOO MUCH TIME ON SOCIAL MEDIA	Do a random act of kindness	Name 5 things you are grateful for
EATING UNHEALTHY FOOD	Watch a funny movie	MORE IMPATIENT AND IRRITABLE	DIFFICULTY CONCENTRATING	PROCRASTINATION
Have coffee with a friend	CONSTANTLY EXHAUSTED	FREE	GETTING ILL MORE FREQUENTLY	ANXIETY
FEELING RESENTFUL	OVERREACTING TO MINOR THINGS	Stretch your body	Drinking enough water	Set and follow a sleep routine
Intentionally Schedule some downtime for yourself	NOT SLEEPING OR SLEEPING TOO MUCH	Set realistic goals	Spend time in nature	FEELING OVERWHELMED ALL THE TIME

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DIFFICULTY CONCENTRATING	OVERREACTING TO MINOR THINGS	Ask for help	NOT SLEEPING OR SLEEPING TOO MUCH	CONSTANTLY EXHAUSTED
Stretch your body	Have coffee with a friend	Intentionally Schedule some downtime for yourself	Spend time in nature	MORE IMPATIENT AND IRRITABLE
Set realistic goals	Drinking enough water	FREE	Set and follow a sleep routine	FEELING RESENTFUL
Taking micro/mini breaks each day	PROCRASTINATION	SPENDING TOO MUCH TIME ON SOCIAL MEDIA	Watch a funny movie	EATING UNHEALTHY FOOD
GETTING ILL MORE FREQUENTLY	ANXIETY	Name 5 things you are grateful for	Do a random act of kindness	FEELING OVERWHELMED ALL THE TIME