

Bunrout Buster Bingo

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

Bunrout Buster Bingo

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

Bunrout Buster Bingo

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