

B	I	N	G	O
Watch a movie	Breathing	I didn't get a good night of sleep	Stress Ball	My card gets declined at the store
I am overwhelmed and overstimulated by life	Visit Family	My heart is racing and I feel irritable	Count to 10	Say positive things about yourself
There is an important date coming up	Write in a journal	FREE	Exercise	Listen to music
I am being told what to do when I feel I don't need it	My boss is giving me extra work	Take a bubble bath	My car isn't working	Take a walk
I need help and feel lost	My friend disagrees with me so I feel alone and rejected	I have an important decision to make	Family is not listening to me and I feel misunderstood	My partner and I are arguing

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Write in a journal	Take a bubble bath	Say positive things about yourself	My partner and I are arguing	Take a walk
Exercise	I am being told what to do when I feel I don't need it	My card gets declined at the store	I am overwhelmed and overstimulated by life	My friend disagrees with me so I feel alone and rejected
Count to 10	I want to ask for help but I am scared	FREE	Breathing	My car isn't working
Watch a movie	Family is not listening to me and I feel misunderstood	Yoga	Stress Ball	My heart is racing and I feel irritable
I didn't get a good night of sleep	Listen to music	My boss is giving me extra work	I need help and feel lost	Visit Family

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I am overwhelmed and overstimulated by life	Take a walk	My boss is giving me extra work	Stress Ball	Breathing
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Listen to music	I want to ask for help but I am scared	FREE	Exercise	Count to 10
Family is not listening to me and I feel misunderstood	There is an important date coming up	My card gets declined at the store	I have an important decision to make	My partner and I are arguing
Visit Family	Watch a movie	My car isn't working	I need help and feel lost	I am running late and stuck in traffic