

B	I	N	G	O
· Trouble sleeping	· Avoided a call or text	Forgot an appointment	· Feeling on edge	· Restlessness
· Money worries	· Emotional shutdown	· Trouble focusing	· Parenting stress	· Avoiding a task
· Relationship tension	· Stress eating or no appetite	FREE	· Trying to control everything	· Cancelled plans
· Guilt for resting	· Court or probation stress	· Health worries	· Self criticism	· Irritable mood
· Racing thoughts	· Snapped at someone	· Feeling stuck	· Headache	· Feeling rushed

B	I	N	G	O
· Muscle tension	· Health worries	· Feeling pressured	· Checked the time repeatedly	· Clenched jaw
· Overthinking conversations	· Money worries	· Mind jumping ahead	· Brain fog	· Stress eating or no appetite
· Said "I'm fine" when not	· Guilt for resting	FREE	· Cancelled plans	· Trouble focusing
· Avoiding a task	· Trying to control everything	· Tight chest	· Restlessness	· Headache
· Holding breath	· Emotional shutdown	· Feeling overwhelmed	· Procrastinating	· Woke up tired

B	I	N	G	O
· Said "I'm fine" when not	· Relationship tension	· Phone scrolling to escape	· Short fuse	· Checked the time repeatedly
· Comparing myself to others	· Procrastinating	· Money worries	· Emotional shutdown	· Racing thoughts
· Negative self talk	· Avoided a call or text	FREE	· Guilt for resting	Forgot an appointment
· Mind jumping ahead	· Overthinking conversations	· Trouble sleeping	· Clenched jaw	· Worry about the future
· Work stress	· Fatigue	· Woke up tired	· Brain fog	· Restlessness