

B	I	N	G	O
· Trouble sleeping	Forgot an appointment	Feeling Disrespected	· Feeling misunderstood	· Relationship tension
· Mind jumping ahead	· Comparing myself to others	· Trouble focusing	· Parenting stress	Negative Self Talk
· Stress eating or no appetite	· Trying to control everything	FREE	· Avoiding a task	· Overthinking conversations
· Forgetfulness	· Headache	· Self criticism	· Holding breath	· Procrastinating
· Snapped at someone	· Racing thoughts	· Feeling pressured	· Guilt for resting	· Feeling overwhelmed

B	I	N	G	O
· Muscle tension	· Headache	· Feeling on edge	· Brain fog	· Checked the time repeatedly
· Negative self talk	· Mind jumping ahead	· Irritable mood	· Avoided a call or text	· Stress eating or no appetite
· Cancelled plans	· Restlessness	FREE	· Forgetfulness	· Guilt for resting
· Trouble focusing	· Trying to control everything	· Tight chest	Negative Self Talk	· Overthinking conversations
· Relationship tension	· Money worries	· Avoiding a task	· Court or probation stress	· Feeling misunderstood

B	I	N	G	O
· Stress eating or no appetite	· Phone scrolling to escape	· Woke up tired	· Said "I'm fine" when not	· Racing thoughts
· Parenting stress	· Self criticism	· Brain fog	· Clenched jaw	· Mind jumping ahead
· Comparing myself to others	· Procrastinating	FREE	· Muscle tension	· Forgot an appointment
· Forgetfulness	· Feeling Disrespected	· Irritable mood	· Negative self talk	· Trouble sleeping
· Cancelled plans	· Worry about the future	· Work stress	· Court or probation stress	· Avoiding a task