

B	I	N	G	O
Trust/Honesty	Avoid Gossip	Accountability	Environment	Self-Love
Meditation	Conflict Resolution	Take a Walk	Protect your Peace	Be Kind
Right Attitude	Support System	FREE	Vaccinations	Brain Puzzles
Positive Self-Talk	Intentional Living	Symptom Management	Compassion	Laughter
Socialize	Listen to Music	Resilience	Lovingkindness	Study for fun

B	I	N	G	O
Right Attitude	Hobbies	Symptom Management	Intentional Living	Fairness
Mindfulness	Laughter	Exercise	Budget money	Call a friend
Pets	Meditation	FREE	Medications	Be Present
Burnout	Share your tip!	Brain Puzzles	Take a Walk	Be Kind
Vaccinations	Tai Chi	Avoid Substances	Positive Self-Talk	Self-Love

B	I	N	G	O
Mindfulness	Be Present	Journal	Pets	Symptom Management
Learn a Language	Meditation	Conflict Resolution	Environment	Re-Use & Recycle
Values	Sleep Hygiene	FREE	Right Attitude	Protect your Peace
Spirituality	Budget money	Care for others	Resilience	Name your Strength!
Avoid Substances	Intentional Living	Accountability	Medications	Compassion