

B	I	N	G	O
weight loss	anxiety	irritability	rapid heartbeat	moodiness
fear	unexplained pain	neglect personal care	difficulty concentrating	poor judgement
teeth grinding	difficulty falling asleep	FREE	negative thoughts	loss of interest in hobbies
loss of objectivity	sadness	memory problems	overeating/undereating	slowed movement or speech
lack of motivation/ energy	isolation	nausea	difficulty staying asleep	fatigue

B	I	N	G	O
negative thoughts	moodiness	difficulty falling asleep	teeth grinding	difficulty staying asleep
rapid heartbeat	loss of interest in hobbies	loss of objectivity	unexplained pain	difficulty concentrating
worries about memory problems	nausea	FREE	fear	irritability
overeating/undereating	poor judgement	neglect personal care	sadness	fatigue
anxiety	weight loss	worrying	headaches	isolation

B	I	N	G	O
negative thoughts	fear	overeating/undereating	headaches	difficulty concentrating
anxiety	worrying	worries about memory problems	fatigue	unexplained pain
frequent colds	sadness	FREE	memory problems	poor judgement
nausea	loss of objectivity	loss of interest in hobbies	difficulty falling asleep	slowed movement or speech
difficulty staying asleep	teeth grinding	moodiness	irritability	neglect personal care