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|--------------------|------------------|--------------------------|------------------|-----------------|
| <b>B</b>           | <b>I</b>         | <b>N</b>                 | <b>G</b>         | <b>O</b>        |
| Relaxation         | Acceptance       | Fight-or-flight response | Peer Group       | Mania           |
| Emotion            | Relapse          | Mood disorder            | Bipolar Disorder | Problem Solving |
| Self-actualization | Coping strategy  | <b>FREE</b>              | Mental disorder  | Journaling      |
| Eating disorder    | Learned emotions | Personality disorder     | Love             | Negative Stress |
| Positive Stress    | Identity         | Friendships              | Medications      | Depression      |

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|--------------------------|---------------|------------------|-----------------|------------------|
| <b>B</b>                 | <b>I</b>      | <b>N</b>         | <b>G</b>        | <b>O</b>         |
| Mental disorder          | Mania         | Coping strategy  | Problem Solving | Depression       |
| Personality disorder     | Journaling    | Learned emotions | Relapse         | Bipolar Disorder |
| Self-actualization       | Peer Group    | <b>FREE</b>      | Medications     | Emotion          |
| Fight-or-flight response | Mood disorder | Positive Stress  | Eating disorder | Negative Stress  |
| Acceptance               | Relaxation    | Wellness goals   | Family          | Friendships      |

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|-----------------|-----------------|--------------------------|--------------------|------------------|
| <b>B</b>        | <b>I</b>        | <b>N</b>                 | <b>G</b>           | <b>O</b>         |
| Mental disorder | Emotion         | Negative Stress          | Family             | Bipolar Disorder |
| Acceptance      | Wellness goals  | Fight-or-flight response | Self-actualization | Eating disorder  |
| Relapse         | Positive Stress | <b>FREE</b>              | Love               | Peer Group       |
| Depression      | Medications     | Learned emotions         | Journaling         | Coping strategy  |
| Problem Solving | Mania           | Friendships              | Mood disorder      | Relaxation       |