

B	I	N	G	O
visit friends	"just say no"	focus on values	support group	plan your days
exercise	visit family	self-care	MH appointment	stick to budget
validate feelings	volunteer	FREE	delegate tasks	limit alcohol
listen to music	take a nap	pet therapy	light therapy	scale back
get enough sleep	do for others	stay on meds	work your plan	focus on pluses

B	I	N	G	O
volunteer	MH appointment	support group	exercise	self-care
focus on values	work your plan	plan your days	do for others	stick to budget
listen to music	delegate tasks	FREE	limit alcohol	"just say no"
light therapy	stay on meds	visit friends	focus on pluses	take a nap
pet therapy	scale back	validate feelings	visit family	get enough sleep

B	I	N	G	O
do for others	stay on meds	MH appointment	scale back	delegate tasks
visit friends	listen to music	pet therapy	visit family	plan your days
validate feelings	focus on pluses	FREE	take a nap	light therapy
volunteer	stick to budget	support group	work your plan	focus on values
limit alcohol	"just say no"	self-care	exercise	get enough sleep