

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

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

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do for others	self-care	MH appointment	relaxation	delegate tasks
visit friends	listen to music	pet therapy	visit family	plan your day
validate self	focus on pluses	FREE	support group	light therapy
volunteer	stay on meds	stick to budget	work your plan	focus on values
limit alcohol	"just say no"	scale back	exercise	get enough sleep