

|                        |                    |                           |                 |                        |
|------------------------|--------------------|---------------------------|-----------------|------------------------|
| <b>B</b>               | <b>I</b>           | <b>N</b>                  | <b>G</b>        | <b>O</b>               |
| Watch a Comedy         | Anger Management   | Altered Mood              | Disrupted Sleep | Restlessness           |
| Lack of Sleep          | Commuting          | Time and Money Management | Music           | Anxiety                |
| Relaxation Breathing   | Take a Bubble Bath | Stress Management         | Boredom         | Meditation             |
| Guided Imagery         | Communication      | Headaches                 | Self-Care       | Impatience             |
| Realistic Expectations | Short Temper       | Fatigue                   | Family Demands  | Loss of Sense of Humor |

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|---------------|------------------------|-------------------|---------------------------|----------------------|
| <b>B</b>      | <b>I</b>               | <b>N</b>          | <b>G</b>                  | <b>O</b>             |
| Headaches     | Exercise               | Boredom           | Communication             | Medication           |
| Lack of Sleep | Jumping to Conclusions | Appointments      | Take a Bubble Bath        | Clenched Teeth       |
| Restlessness  | Guided Imagery         | Stress Management | Time and Money Management | Anxiety              |
| Withdrawal    | Take a Walk            | Meditation        | Loss of Sense of Humor    | Illness              |
| Commuting     | Disrupted Sleep        | Proper Nutrition  | Self Criticism            | Relaxation Breathing |

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|--------------------------|----------------|------------------------|------------------------|------------------------|
| <b>B</b>                 | <b>I</b>       | <b>N</b>               | <b>G</b>               | <b>O</b>               |
| Music                    | Self-Care      | Boredom                | Communication          | Proper Nutrition       |
| Lack of Sleep            | Commuting      | Realistic Expectations | Loss of Sense of Humor | Medication             |
| Anger Management         | Guided Imagery | Stress Management      | Altered Mood           | Jumping to Conclusions |
| Unrealistic Expectations | Clenched Teeth | Worries                | Work Stress            | Appointments           |
| Restlessness             | Meditation     | Deadlines              | Withdrawal             | Anxiety                |