

B	I	N	G	O
This won't last forever	Anxiety is adaptive	Dizziness	Rapid breathing	I can do this
Calm breathing	Think of something relaxing	Muscle relaxation	Anxiety is normal	Think of something funny
What provokes the anxiety?	Apprehension	FREE	How are you coping?	I am brave
Sweating	I am strong	Physical activity	Emotional support from friends	Increased blood pressure
Bodies way of alerting us	Realistic goals	Can interfere with life	What provokes your anxiety	Count to ten

B	I	N	G	O
What provokes the anxiety?	What provokes your anxiety	Anxiety is normal	I am strong	Calm breathing
Rapid breathing	I am brave	Dizziness	Increased blood pressure	Apprehension
How are you coping?	Anxiety is adaptive	FREE	Emotional support from friends	Physical activity
Count to ten	This won't last forever	Can interfere with life	Sweating	Bodies way of alerting us
I can do this	Fear or panic	Think of something funny	Muscle relaxation	Think of something relaxing

B	I	N	G	O
Sweating	Emotional support from friends	What provokes the anxiety?	Count to ten	Rapid breathing
Realistic goals	Think of something funny	What provokes your anxiety	I am strong	Apprehension
Physical activity	Anxiety is normal	FREE	How are you coping?	Dizziness
Fear or panic	I can do this	Bodies way of alerting us	Anxiety is adaptive	This won't last forever
Think of something relaxing	Muscle relaxation	I am brave	Increased blood pressure	Can interfere with life