

B	I	N	G	O
USE THOUGHT BLOCKING	CHANGE BEHAVIORS TO POSITIVE	I'LL BE OKAY	TRY SOMETHING DIFFERENT	TAKE A BREAK
EXERCISE TO LOWER CORTISOL	USE POSITIVE SELF-TALK	THINK OF SOMETHING FUNNY	CHECK YOUR THINKING	USE POSITIVE COPING SKILLS
USE THOUGHT CHANGING	CLASSICAL MUSIC	FREE	PROGRESSIVE MUSCLE RELAXATION	SEEK HELP TO CHANGE THINKING
USE DISTRACTION	STOP YOUR THOUGHT BEFORE IT GROWS	THIS WON'T LAST FOREVER!	JUMPING JACKS!	TAKE A TIME OUT
DESTRESS	USE DEEP BREATHING	GET OUT OF COMFORT ZONE	USE VISUALIZATION	I CAN DO THIS!

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USE THOUGHT CHANGING	USE VISUALIZATION	CHECK YOUR THINKING	STOP YOUR THOUGHT BEFORE IT GROWS	EXERCISE TO LOWER CORIIZOL
TRY SOMETHING DIFFERENT	SEEK HELP TO CHANGE THINKING	I'LL BE OKAY	TAKE A TIME OUT	CLASSICAL MUSIC
PROGRESSIVE MUSCLE RELAXATION	CHANGE BEHAVIORS TO POSITIVE	FREE	JUMPING JACKS!	THIS WON'T LAST FOREVER!
I CAN DO THIS!	USE THOUGHT BLOCKING	GET OUT OF COMFORT ZONE	USE DISTRACTION	DESTRESS
TAKE A BREAK	LIMIT CAFFIENE	USE POSITIVE COPING SKILLS	THINK OF SOMETHING FUNNY	USE POSITIVE SELF-TALK

B	I	N	G	O
USE DISTRACTION	JUMPING JACKS!	USE THOUGHT CHANGING	I CAN DO THIS!	TRY SOMETHING DIFFERENT
USE DEEP BREATHING	USE POSITIVE COPING SKILLS	USE VISUALIZATION	STOP YOUR THOUGHT BEFORE IT GROWS	CLASSICAL MUSIC
THIS WON'T LAST FOREVER!	CHECK YOUR THINKING	FREE	PROGRESSIVE MUSCLE RELAXATION	I'LL BE OKAY
LIMIT CAFFIENE	TAKE A BREAK	DESTRESS	CHANGE BEHAVIORS TO POSITIVE	USE THOUGHT BLOCKING
USE POSITIVE SELF-TALK	THINK OF SOMETHING FUNNY	SEEK HELP TO CHANGE THINKING	TAKE A TIME OUT	GET OUT OF COMFORT ZONE