B	I	N	G	O
Talk it out	Anxiety	Exercise	Relaxation	Insomnia
EAP	Take a Bubble Bath	Let it go	Avoid Negative people	Over or under eating
Take a Break	Watch a comedy	**FREE**	Be Prepared	Frequent Illness
Get organized	Stress Management	High Blood Pressure	Find Humor in things	Irritability
Financial Problems	Constipation or Diarrhea	Memory Problems	Withdrawn	Eat Healthy

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Watch a comedy	Avoid Negative people	Relaxation	EAP	Let it go
Exercise	Withdrawn	Insomnia	Constipation or Diarrhea	Over or under eating
Get organized	Be Prepared	**FREE**	Frequent Illness	Anxiety
Find Humor in things	Memory Problems	Talk it out	Eat Healthy	Stress Management
High Blood Pressure	Irritability	Take a Break	Take a Bubble Bath	Financial Problems

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved

B	I	N	G	O
Constipation or Diarrhea	Memory Problems	Avoid Negative people	Irritability	Be Prepared
Talk it out	Get organized	High Blood Pressure	Take a Bubble Bath	Insomnia
Take a Break	Eat Healthy	**FREE**	Stress Management	Find Humor in things
Watch a comedy	Over or under eating	Relaxation	Withdrawn	Exercise
Frequent Illness	Anxiety	Let it go	EAP	Financial Problems

BuzzBuzzBingo.com · Create, Download, Print, Play, BINGO! · Copyright © 2003-2026 · All rights reserved