

B	I	N	G	O
Teeth Grinding	Be Prepared	Financial Problems	Relaxation	Let it go
Exercise	Talk it out	Moodiness	Constipation or Diarrhea	Over all body aches/fatigue
Skin Breakouts	Unclutter your life	FREE	Depression	Get organized
Have fun	Say "no" more often	Headache	Get Organized	Memory Problems
Frequent Illness	EAP	Negative thoughts	Weight loss/gain	Fear

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Get Organized	Negative thoughts	Teeth Grinding	Fear	Say "no" more often
Headache	Memory Problems	Skin Breakouts	Talk it out	Frequent Illness

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Get organized	Be Prepared	Moodiness	Exercise	Frequent Illness