

B	I	N	G	O
Teeth Grinding	Anxiety	Financial Problems	Stress Management	Let it Go
Exercise	Talk it out	Plan Ahead	Avoid Negative People	Say "no" more often
Take a Bubble Bath	Unclutter your life	FREE	Constipation or Diarrhea	Headache
High Blood Pressure	Take a Break	Irritability	Have Fun	Nausea
Frequent Illness	Eat Healthy	Relaxation	Watch a Comedy	Fear

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Unclutter your life	Avoid Negative People	Stress Management	Exercise	Plan Ahead
Financial Problems	Watch a Comedy	Let it Go	Eat Healthy	Say "no" more often
High Blood Pressure	Constipation or Diarrhea	FREE	Headache	Anxiety
Have Fun	Relaxation	Teeth Grinding	Fear	Take a Break
Irritability	Nausea	Take a Bubble Bath	Talk it out	Frequent Illness

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Eat Healthy	Relaxation	Avoid Negative People	Nausea	Constipation or Diarrhea
Teeth Grinding	High Blood Pressure	Irritability	Talk it out	Let it Go
Take a Bubble Bath	Fear	FREE	Take a Break	Have Fun
Unclutter your life	Say "no" more often	Stress Management	Watch a Comedy	Financial Problems
Headache	Anxiety	Plan Ahead	Exercise	Frequent Illness