

B	I	N	G	O
Teeth Grinding	Avoid Negative People	Frequent Illness	Say "no" more often	Moodiness
Find Humor in things	Take a Bubble Bath	Negative Thoughts	Be Prepared	Quite Time
Stress Management	Weight Loss/Gain	FREE	Depression	Irritability
Laugh More	Skin Breakouts	Memory Problems	Insomnia	Nausea
High Blood Pressure	Domestic Problems	Plan Ahead	Withdrawn	Frequent Illness

B	I	N	G	O
Weight Loss/Gain	Be Prepared	Say "no" more often	Find Humor in things	Negative Thoughts
Frequent Illness	Withdrawn	Moodiness	Domestic Problems	Quite Time
Laugh More	Depression	FREE	Irritability	Avoid Negative People
Insomnia	Plan Ahead	Teeth Grinding	Frequent Illness	Skin Breakouts
Memory Problems	Nausea	Stress Management	Take a Bubble Bath	High Blood Pressure

B	I	N	G	O
Domestic Problems	Plan Ahead	Be Prepared	Nausea	Depression
Teeth Grinding	Laugh More	Memory Problems	Take a Bubble Bath	Moodiness
Stress Management	Frequent Illness	FREE	Skin Breakouts	Insomnia
Weight Loss/Gain	Quite Time	Say "no" more often	Withdrawn	Frequent Illness
Irritability	Avoid Negative People	Negative Thoughts	Find Humor in things	High Blood Pressure