

B	I	N	G	O
Start a Hobby	Allow Extra Time	EAP	Quite Time	Laugh More
Don't Worry	Smoking	Multi-tasking	Attend Social events	Organize
Resolve Conflicts	Talk it out	FREE	Deep Breathing	Exercise
Financial Problems	Reduce Noise	Headaches	Exercise	Meditate
Eat Healthy	Domestic Problems	Oily skin	Unplug	Drug use

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Talk it out	Attend Social events	Quite Time	Don't Worry	Multi-tasking
EAP	Unplug	Laugh More	Domestic Problems	Organize
Financial Problems	Deep Breathing	FREE	Exercise	Allow Extra Time
Exercise	Oily skin	Start a Hobby	Drug use	Reduce Noise
Headaches	Meditate	Resolve Conflicts	Smoking	Eat Healthy

B	I	N	G	O
Domestic Problems	Oily skin	Attend Social events	Meditate	Deep Breathing
Start a Hobby	Financial Problems	Headaches	Smoking	Laugh More
Resolve Conflicts	Drug use	FREE	Reduce Noise	Exercise
Talk it out	Organize	Quite Time	Unplug	EAP
Exercise	Allow Extra Time	Multi-tasking	Don't Worry	Eat Healthy