

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	Financial Problems
Frequent Illness	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
Frequent Illness	Deep Breathing	FREE	Financial Problems	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	Frequent Illness	Headaches	Smoking	Laugh More
Resolve Conflicts	Drug use	FREE	Reduce Noise	Exercise
Talk it out	Organize	Quite Time	Unplug	EAP
Financial Problems	Allow Extra Time	Multi-tasking	Don't Worry	Eat Healthy