

B	I	N	G	O
TAKE A WALK	ATTEND SUPPORT GROUPS	FIND WAYS TO PAMPER YOURSELF	SAY YES WHEN SOMEONE OFFERS TO ASSIST	MAKE YOURSELF LAUGH
EXERCISE	SHARE THE RESPONSIBILITY	PUT ON MAKE UP	BE WILLING TO RELINQUISH SOME CONTROL	READ A BOOK
SET ASIDE TIME FOR YOURSELF	VISIT WITH FRIENDS AND SHARE YOUR FEELINGS	FREE	EAT HEALTHY	GET OUT OF THE HOUSE
GIVE YOURSELF A PAT ON THE BACK AND SMILE IN THE MIRROR	SEE A PROFESSIONAL	KEEP UP WITH YOUR MEDICAL APPOINTMENTS	FOCUS ON THINGS YOU CAN CONTROL	ON LINE SUPPORT GROUPS
FOCUS ON ACCEPTANCE	EAT WELL	READ A BOOK	WATCH A MOVIE	FIND THE SILVER LINING

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VISIT WITH FRIENDS AND SHARE YOUR FEELINGS	BE WILLING TO RELINQUISH SOME CONTROL	SAY YES WHEN SOMEONE OFFERS TO ASSIST	EXERCISE	PUT ON MAKE UP
FIND WAYS TO PAMPER YOURSELF	WATCH A MOVIE	MAKE YOURSELF LAUGH	EAT WELL	READ A BOOK
GIVE YOURSELF A PAT ON THE BACK AND SMILE IN THE MIRROR	EAT HEALTHY	FREE	GET OUT OF THE HOUSE	ATTEND SUPPORT GROUPS
FOCUS ON THINGS YOU CAN CONTROL	READ A BOOK	TAKE A WALK	FIND THE SILVER LINING	SEE A PROFESSIONAL
KEEP UP WITH YOUR MEDICAL APPOINTMENTS	ON LINE SUPPORT GROUPS	SET ASIDE TIME FOR YOURSELF	SHARE THE RESPONSIBILITY	FOCUS ON ACCEPTANCE

B	I	N	G	O
EAT WELL	READ A BOOK	BE WILLING TO RELINQUISH SOME CONTROL	ON LINE SUPPORT GROUPS	EAT HEALTHY
TAKE A WALK	GIVE YOURSELF A PAT ON THE BACK AND SMILE IN THE MIRROR	KEEP UP WITH YOUR MEDICAL APPOINTMENTS	SHARE THE RESPONSIBILITY	MAKE YOURSELF LAUGH
SET ASIDE TIME FOR YOURSELF	FIND THE SILVER LINING	FREE	SEE A PROFESSIONAL	FOCUS ON THINGS YOU CAN CONTROL
VISIT WITH FRIENDS AND SHARE YOUR FEELINGS	READ A BOOK	SAY YES WHEN SOMEONE OFFERS TO ASSIST	WATCH A MOVIE	FIND WAYS TO PAMPER YOURSELF
GET OUT OF THE HOUSE	ATTEND SUPPORT GROUPS	PUT ON MAKE UP	EXERCISE	FOCUS ON ACCEPTANCE