B	I	N	G	O
Social Anxiety	Amygdala	Dysthymia	Physical Activity	Mindfulness
DSM 5	Seasonal Affective Disorder	OCD	Antidepressant	Phobias
Repetitive Thoughts	What we think we become	**FREE**	Bipolar I Disorder	Increased Irritability
Irrational Thinking	Positive Psychology	Meditation	Genetics	Mood Stabilizer
Fight or Flight	Cognitive Behavioral	Peace	Wise Self	Decreased Motivation

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B	I	N	G	O
What we think we become	Antidepressant	Physical Activity	DSM 5	OCD
Dysthymia	Wise Self	Mindfulness	Cognitive Behavioral	Phobias
Irrational Thinking	Bipolar I Disorder	**FREE**	Increased Irritability	Amygdala
Genetics	Peace	Social Anxiety	Decreased Motivation	Positive Psychology
Meditation	Mood Stabilizer	Repetitive Thoughts	Seasonal Affective Disorder	Fight or Flight

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B	I	N	G	O
Cognitive Behavioral	Peace	Antidepressant	Mood Stabilizer	Bipolar I Disorder
Social Anxiety	Irrational Thinking	Meditation	Seasonal Affective Disorder	Mindfulness
Repetitive Thoughts	Decreased Motivation	**FREE**	Positive Psychology	Genetics
What we think we become	Phobias	Physical Activity	Wise Self	Dysthymia
Increased Irritability	Amygdala	OCD	DSM 5	Fight or Flight

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