B	I	N	G	O
Visualize	Decrease Anxiety	Irritability	Seasonal Affective Disorder	Pamper
Healthy Eating	Talk to a friend	Phobias	Deep Breathing	Repetitive Thoughts
Take Medicine	Work in the garden	**FREE**	Exercise	Mindfulness
Mood Stabilizer	Stress	Motivation	Meditation	Peace
Listen to music	Fight or Flight	Read a book	Write a letter	Irrational Thinking

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B	I	N	G	O
Work in the garden	Deep Breathing	Seasonal Affective Disorder	Healthy Eating	Phobias
Irritability	Write a letter	Pamper	Fight or Flight	Repetitive Thoughts
Mood Stabilizer	Exercise	**FREE**	Mindfulness	Decrease Anxiety
Meditation	Read a book	Visualize	Irrational Thinking	Stress
Motivation	Peace	Take Medicine	Talk to a friend	Listen to music

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B	I	N	G	O
Fight or Flight	Read a book	Deep Breathing	Peace	Exercise
Visualize	Mood Stabilizer	Motivation	Talk to a friend	Pamper
Take Medicine	Irrational Thinking	**FREE**	Stress	Meditation
Work in the garden	Repetitive Thoughts	Seasonal Affective Disorder	Write a letter	Irritability
Mindfulness	Decrease Anxiety	Phobias	Healthy Eating	Listen to music

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