

B	I	N	G	O
Use Guided Imagery	Ask A Nurse	Follow Ups are Important!	Stand Strong	Medication Adherence
Counselors can Help!	This too Shall Pass	Phn the Therapist	Avoid Noncompliance	Tell the Doctors
Call Your Counselor	Go For A Walk	FREE SPACE!	Go For A run	Stress Free Enviorment
Improve Self-Esteem	Social Workers are resources	Gain Coping Skills	Mood Improvement	Friendly Conversation
Combat Relapse	Communication is Key	Overcome Depression	Deep Breathing	Self Confidence

B	I	N	G	O
Utilize Patience	Stick to your Goals!	Social Workers are resources	Phn the Therapist	Stress Free Enviornment
Combat Relapse	Communication is Key	Self Confidence	Mood Improvement	Counselors can Help!
Overcome Depression	Avoid Noncompliance	FREE SPACE!	Go For A Walk	Ask A Nurse
Medication Adherence	Use Guided Imagery	You Can Do This!	Deep Breathing	Call Your Counselor
Stand Strong	Exercise Regularly	Go For A run	Follow Ups are Important!	Gain Coping Skills

B	I	N	G	O
Overcome Depression	Counselors can Help!	Social Workers are resources	Self Confidence	Exercise Regularly
Avoid Noncompliance	You Can Do This!	Follow Ups are Important!	Utilize Patience	Turn on some Music
Deep Breathing	Stress Free Enviornment	FREE SPACE!	Improve Self-Esteem	Stand Strong
Ask A Nurse	Communication is Key	Mood Improvement	Go For A run	Gain Success
Use Guided Imagery	Call Your Counselor	Tell the Doctors	Combat Relapse	This too Shall Pass