B	I	N	G	O
Slow down	Emotions are okay	Coping strategy	I can handle a some stress	Peer Group
I trust myself	I am not a mistake	Self esteem	I won't give up	Grief is okay to feel
Optimism	Relapse prevention	**FREE**	Stress	I am an overcomer
I learn new things daily	I am loved	I matter	Positive affirmations	I own my emotions
Medication schedule	Psychiatrist appointment	I forgive myself	I love me	I create my day

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B	I	N	G	O
I will get through this	I matter	I control my impulses	I am beautiful	I am creating my identity
I will make the right choice	I trust myself	I take care of my health	Hierarchy of needs	Relapse prevention
Pets	I learn new things daily	**FREE**	I am an overcomer	Self esteem
Grief is okay to feel	Stress	Resilience	Peer Group	I love me
I own my behavior	I am not a mistake	I can handle this	Learned skills	Stressors

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B	I	N	G	O
Pets	Optimism	Just breath	Primary emotions	I am beautiful
I am hopeful	Learned skills	I trust myself	I am not a mistake	Medication schedule
I will get through this	Emotions are okay	**FREE**	I learn new things daily	Coping strategy
I take care of my health	I will make the right choice	Slow down	I am creating my identity	Wellness goals
Walk my dog	I am not my illness	Stressors	Hierarchy of needs	Peer Group

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