

B	I	N	G	O
Use Positive Self-Talk	Change Behaviors to Positive	I CAN DO THIS!	Try Something Different	Stop Your Thought Before It Grows
Get OUT of Comfort Zone	Use Positive Coping Skills	Take a Time Out	Check Your Thinking	This Won't Last Forever
Use Distraction	Use Thought Blocking	FREE	Classical Music	Limit Caffeine
Progressive Muscle Relaxation	Use Deep Breathing	Seek Help to Change Thinking	Jumping Jacks	Take a Break
I'll Be Okay	Destress	Think of Something Funny	Use Visualization	I Am Good At

B	I	N	G	O
Use Thought Blocking	Check Your Thinking	Try Something Different	Get OUT of Comfort Zone	Take a Time Out
I CAN DO THIS!	Use Visualization	Stop Your Thought Before It Grows	Destress	This Won't Last Forever
Progressive Muscle Relaxation	Classical Music	FREE	Limit Caffeine	Change Behaviors to Positive
Jumping Jacks	Think of Something Funny	Use Positive Self-Talk	I Am Good At	Use Deep Breathing
Seek Help to Change Thinking	Take a Break	Use Distraction	Use Positive Coping Skills	I'll Be Okay

B	I	N	G	O
Destress	Think of Something Funny	Check Your Thinking	Take a Break	Classical Music
Use Positive Self-Talk	Progressive Muscle Relaxation	Seek Help to Change Thinking	Use Positive Coping Skills	Stop Your Thought Before It Grows
Use Distraction	I Am Good At	FREE	Use Deep Breathing	Jumping Jacks
Use Thought Blocking	This Won't Last Forever	Try Something Different	Use Visualization	I CAN DO THIS!
Limit Caffeine	Change Behaviors to Positive	Take a Time Out	Get OUT of Comfort Zone	I'll Be Okay