

B	I	N	G	O
Stress	Awesome	Asking for help	Exercise	Resilience
Meditate	Determined	Self-love	Peer Group	Balance
Primary emotions	Self-care	FREE	Stressor	Be Creative
Optimism	Helping others	Defense mechanisms	Identity	Self esteem
Learned emotions	Personality	Self-actualization	Have faith	Have Quality Relationships

B	I	N	G	O
Modeling	Identity	Happy	Confidence	Coping strategy
Mood disorder	Meditate	Learned emotions	Balance	Self-care
Respect	Helping others	FREE	Be Creative	Set goals
Stressor	Self-love	Awesome	Optimism	Resilience
Determined	Exercise	Personality	Primary emotions	Peer Group

B	I	N	G	O
Self esteem	Be Creative	Coping strategy	Personality	Meditate
Determined	Primary emotions	Mood disorder	Awesome	Helping others
Asking for help	Learned emotions	FREE	Stress	Confidence
What makes you feel great	Success	Resilience	Optimism	Emotion
Stressor	Balance	Identity	Exercise	Have Quality Relationships