

B	I	N	G	O
Unrealistic Expectations	Anxiety	Altered Mood	Family Demands	School Assignments
Noise	Depression	Talk to Someone	Reduced Motivation	Backaches
Take a Walk	Unrealistic Expectations	FREE SPACE!	Boredom	Practice Re-framing
Impulsivity	Lack of Sleep	Self-Care	Meditation	Restlessness
Take a Bubble Bath	Headaches	Overloaded Schedule	Fatigue	Clenched Teeth

B	I	N	G	O
Create New Goals	Practice Re-framing	Noise	Meditation	Boredom
Take a Walk	Self Criticism	Impulsivity	Lack of Sleep	Talk to Someone
Backaches	Unrealistic Expectations	FREE SPACE!	Anxiety	School Assignments
Overloaded Schedule	Overreaction	Depression	Family Demands	Relaxation Breathing
Reduced Motivation	Short Temper	Clenched Teeth	Creating new goals	Restlessness

B	I	N	G	O
Overreaction	Anxiety	Impatience	Altered Mood	Meditation
Depression	Unrealistic Expectations	Clenched Teeth	Weather	Watch a Funny Movie
Difficulty Concentrating	Boredom	FREE SPACE!	Self Criticism	Reduced Motivation
Exercise	Noise	Creating new goals	Backaches	School Assignments
Lack of Sleep	Family Demands	Practice Re-framing	Headaches	Restlessness