

B	I	N	G	O
STRESS	ACTION	CRISIS	RESPONSE	OPTIMISM
CONNECT	SLEEP	PERSPECTIVE	ANXIETY	RESILIENCE
SELF CARE	THOUGHT PROCESS	FREE	BEHAVIOR	EXERCISE
HOPEFUL OUTLOOK	ROLE MODEL	NEGATIVE THOUGHTS	DIET	PAST EXPERIENCE
DECISION MAKING	CHANGES	PROBLEM SOLVING	TOLERANCE	COPING SKILLS

B	I	N	G	O
THOUGHT PROCESS	ANXIETY	RESPONSE	CONNECT	PERSPECTIVE
CRISIS	TOLERANCE	OPTIMISM	CHANGES	RESILIENCE
HOPEFUL OUTLOOK	BEHAVIOR	FREE	EXERCIS E	ACTION
DIET	PROBLEM SOLVING	STRES S	COPING SKILLS	ROLE MODEL
NEGATIVE THOUGHTS	PAST EXPERIENCE	SELFCARE	SLEEP	DECISION MAKING

B	I	N	G	O
CHANGES	PROBLEM SOLVING	ANXIETY	PAST EXPERIENCE	BEHAVIOR
STRES S	HOPEFUL OUTLOOK	NEGATIVE THOUGHTS	SLEEP	OPTIMISM
SELFCARE	COPING SKILLS	FREE	ROLE MODEL	DIET
THOUGHT PROCESS	RESILENCE	RESPONSE	TOLERANCE	CRISIS
EXERCIS E	ACTION	PERSPECTIVE	CONNECT	DECISION MAKING