

B	I	N	G	O
Talking to Counselors	Action Plans	Free Space	Responsibility	Mental
Emotional	Take Medication	Physical	Aftercare Plan	Support System
Wellness Plan	Attend Self Help Groups	Goals	Healthy Diet	Self-Awareness
Hope	Recovery	Get Enough Sleep	Peer Support	Education
Self-Advocacy	Exercise	Yoga	Fitness	Go To Doctor For Check-ups

B	I	N	G	O
Wellness Plan	Attend Self Help Groups	Support System	Aftercare Plan	Education
Fitness	Self-Awareness	Goals	Mental	Recovery
Emotional	Free Space	Physical	Peer Support	Talking to Counselors
Hope	Exercise	Take Medication	Get Enough Sleep	Responsibility
Self-Advocacy	Yoga	Go To Doctor For Check-ups	Action Plans	Healthy Diet

B	I	N	G	O
Self-Awareness	Peer Support	Exercise	Fitness	Get Enough Sleep
Education	Go To Doctor For Check-ups	Emotional	Goals	Talking to Counselors
Hope	Self-Advocacy	Physical	Attend Self Help Groups	Take Medication
Wellness Plan	Recovery	Yoga	Aftercare Plan	Action Plans
Healthy Diet	Support System	Responsibility	Free Space	Mental