

B	I	N	G	O
Unhealthy eating	Chest pain	Anxiety	Heartburn	Rapid breathing
Loss of motivation	Drug or alcohol use	Social Withdrawal	Nail biting	Fatigue
Neck and back pain	Sleep difficulties	STRESS FREE SPACE!	Decreased sex drive	Muscle pain/tension
Increased irritability/anger	Increased sweating	Restlessness	Insomnia	Nausea
Risk of heart attack	Inability to focus	High blood sugar	Mood instability	High blood pressure

B	I	N	G	O
Decreased sex drive	Depression or sadness	Muscle pain/tension	Loss of motivation	Insomnia
Constant thoughts stressors	Sleep difficulties	Rapid breathing	Increased irritability/anger	Increased sweating
Social Withdrawal	Chest pain	STRESS FREE SPACE!	Unhealthy eating	Mood instability
Indigestion	Fatigue	High blood pressure	Nausea	Weakened immune system
Neck and back pain	Nail biting	Risk of heart attack	Drug or alcohol use	Anxiety

B	I	N	G	O
Insomnia	Drug or alcohol use	Muscle pain/tension	Stomachache	Decreased sex drive
weakened immune system	Weakened immune system	Fatigue	Constant thoughts stressors	Rapid breathing
Nail biting	Heartburn	STRESS FREE SPACE!	Chest pain	Unhealthy eating
Loss of motivation	Neck and back pain	Increased sweating	Increased irritability/anger	High blood sugar
Nausea	Risk of heart attack	Indigestion	Anxiety	Depression or sadness