

B	I	N	G	O
Weight gain	Anxiety	Diarrhoea	Oversleeping	Memory problems
Constipation	Under eating	Negative thoughts	Avoid talking to family/friends	Overeating
Under eating	Weight loss	FREE	Can't make decisions	Frequent colds
Headache	Stressed	Irritable	Fear	Moody
Easily angry	Can't sleep	Overeating	ignore problems	Crying a lot

B	I	N	G	O
Weight loss	Avoid talking to family/friends	Oversleeping	Constipation	Negative thoughts
Diarrhoea	ignore problems	Memory problems	Can't sleep	Overeating
Headache	Can't make decisions	FREE	Frequent colds	Anxiety
Fear	Overeating	Weight gain	Crying a lot	Stressed
Irritable	Moody	Under eating	Under eating	Easily angry

B	I	N	G	O
Can't sleep	Overeating	Avoid talking to family/friends	Moody	Can't make decisions
Weight gain	Headache	Irritable	Under eating	Memory problems
Under eating	Crying a lot	FREE	Stressed	Fear
Weight loss	Overeating	Oversleeping	ignore problems	Diarrhoea
Frequent colds	Anxiety	Negative thoughts	Constipation	Easily angry