

B	I	N	G	O
Self Criticism	A Hot Shower	Draw	Music	Illness
Deadlines	Restlessness	Lack of Sleep	Appointments	Read a book
Chat with a Friend	Jumping to Conclusions	Stress Management	Headaches	Realistic Expectations
Holiday Preparations	Proper Nutrition	Hug Someone	Loss of Sense of Humor	Goals
Fatigue	Journal	Commuting	Coping Skills	Overdue Bills

B	I	N	G	O
Guided Imagery	Chat with a Friend	Headaches	Restlessness	Appointments
Self Criticism	Realistic Expectations	Jumping to Conclusions	Music	Journal
Holiday Preparations	Illness	Stress Management	Deadlines	Draw
Lack of Sleep	Traffic	Overdue Bills	Proper Nutrition	Commuting
Coping Skills	Loss of Sense of Humor	A Hot Shower	Hug Someone	Waiting in Line

B	I	N	G	O
Traffic	Depression	Chat with a Friend	Overdue Bills	Deadlines
Jumping to Conclusions	Disrupted Sleep	Waiting in Line	Appointments	Self Criticism
Hug Someone	Coping Skills	Stress Management	Music	Headaches
Draw	Guided Imagery	A Hot Shower	Fatigue	Journal
Loss of Sense of Humor	Restlessness	Proper Nutrition	Holiday Preparations	Read a book