

B	I	N	G	O
Unrealistic Expectations	Anger	Altered Mood	Emotional	Self Criticism
Loss of Sense of Humor	Control	Time Management	Physical Illness	Anxiety
Restlessness	Take a Walk	Stress Management	Watch a Movie	Boredom
Music	Headaches	Impatience	Short Temper	Lack of Sleep
Relaxation Breathing	Take a Bath	Fatigue	Family Demands	Medication

B	I	N	G	O
Impatience	Exercise	Boredom	Clenched Teeth	Music
Loss of Sense of Humor	Lack of Sleep	Appointments	Tearful	Self Criticism
Grounding	Time Management	Stress Management	Anxiety	Watch a Movie
Anger	Medication	Headaches	Coping Skills	Proper Nutrition
Self-Care	Restlessness	Physical Illness	Short Temper	Communication

B	I	N	G	O
Relaxation Breathing	Loss of Sense of Humor	Coping Skills	Meditation	Anger
Grounding	Altered Mood	Lack of Sleep	Control	Music
Travel	Clenched Teeth	Stress Management	Worries	Withdrawal
Appointments	Self Criticism	Physical Illness	Disrupted Sleep	Watch a Movie
Anxiety	Unrealistic Expectations	Communication	Restlessness	Impatience