

B	I	N	G	O
Regulates mood swings	Boosts Confidence	Decreases anger	Increases overall physical health	Increases Serotonin
Decrease cognitive decline	New brain cell development	Increases endorphins	Boosts Creativity	Increases norepinephrine
Lowers Stress	Social interaction - with a friend	FREE	Boosts Motivation	Improve Attention
Improve long term memory	Lowers Anxiety	Increases Dopamine	Helps sleep patterns	Increases blood volume to brain
Dopamine increases motivation	Boosts Self Esteem	Increases energy	Takes your mind off your worries	Decreases aggressiveness

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Social interaction - with a friend	Boosts Creativity	Increases overall physical health	Decrease cognitive decline	Increases endorphins
Decreases anger	Takes your mind off your worries	Increases Serotonin	Boosts Self Esteem	Increases norepinephrine
Improve long term memory	Boosts Motivation	FREE	Improve Attention	Boosts Confidence
Helps sleep patterns	Increases energy	Regulates mood swings	Decreases aggressiveness	Lowers Anxiety
Increases Dopamine	Increases blood volume to brain	Lowers Stress	New brain cell development	Dopamine increases motivation

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Boosts Self Esteem	Increases energy	Boosts Creativity	Increases blood volume to brain	Boosts Motivation
Regulates mood swings	Improve long term memory	Increases Dopamine	New brain cell development	Increases Serotonin
Lowers Stress	Decreases aggressiveness	FREE	Lowers Anxiety	Helps sleep patterns
Social interaction - with a friend	Increases norepinephrine	Increases overall physical health	Takes your mind off your worries	Decreases anger
Improve Attention	Boosts Confidence	Increases endorphins	Decrease cognitive decline	Dopamine increases motivation