



ANXIETY BINGO

Bingo Call Sheet

This is a randomized list of all 24 bingo events in square format that you can mark off in order, choose from randomly, or cut up to pull from a hat:



POSITIVE REACTIONS TO STRESS	ANXIETY	EXPOSURE THERAPY	POSITIVE AFFIRMATIONS	PHYSICAL SYMPTOMS
PANIC/PANIC ATTACKS	NEGATIVE STRESS	COGNITIVE BEHAVIORAL THERAPY	MEDITATION	WORRYING
GUIDED IMAGERY	SOCIAL ANXIETY	PROGRESSIVE MUSCLE RELAXATION	STRESS MANAGEMENT PLAN	COGNITIVE DISTORTIONS
STRESS	MANDALAS	COLORING	YOGA	NEGATIVE REACTIONS TO STRESS
FEAR	PERFECTIONISM	POSITIVE STRESS	SIGNS OF STRESS	

B	I	N	G	O
GUIDED IMAGERY	PANIC/PANIC ATTACKS	EXPOSURE THERAPY	WORRYING	SIGNS OF STRESS
YOGA	STRESS	PROGRESSIVE MUSCLE RELAXATION	NEGATIVE STRESS	COGNITIVE DISTORTIONS
POSITIVE REACTIONS TO STRESS	MANDALAS	IT'S A FREE SPACE Y'ALL	PHYSICAL SYMPTOMS	COGNITIVE BEHAVIORAL THERAPY
FEAR	NEGATIVE REACTIONS TO STRESS	SOCIAL ANXIETY	PERFECTIONISM	ANXIETY
MEDITATION	POSITIVE STRESS	COLORING	STRESS MANAGEMENT PLAN	POSITIVE AFFIRMATIONS

This bingo card was created randomly from a total of 24 events.
 ANXIETY, COGNITIVE BEHAVIORAL THERAPY, COGNITIVE DISTORTIONS, COLORING, EXPOSURE THERAPY, FEAR, GUIDED IMAGERY, MANDALAS,
 MEDITATION, NEGATIVE REACTIONS TO STRESS, NEGATIVE STRESS, PANIC/PANIC ATTACKS, PERFECTIONISM, PHYSICAL SYMPTOMS, POSITIVE
 AFFIRMATIONS, POSITIVE REACTIONS TO STRESS, POSITIVE STRESS, PROGRESSIVE MUSCLE RELAXATION, SIGNS OF STRESS, SOCIAL ANXIETY,
 STRESS, STRESS MANAGEMENT PLAN, WORRYING, YOGA.

B	I	N	G	O
PANIC/PANIC ATTACKS	GUIDED IMAGERY	SOCIAL ANXIETY	STRESS	POSITIVE REACTIONS TO STRESS
WORRYING	COGNITIVE DISTORTIONS	PHYSICAL SYMPTOMS	ANXIETY	COGNITIVE BEHAVIORAL THERAPY
MANDALAS	NEGATIVE REACTIONS TO STRESS	IT'S A FREE SPACE Y'ALL	STRESS MANAGEMENT PLAN	FEAR
POSITIVE AFFIRMATIONS	MEDITATION	PERFECTIONISM	YOGA	EXPOSURE THERAPY
PROGRESSIVE MUSCLE RELAXATION	COLORING	POSITIVE STRESS	NEGATIVE STRESS	SIGNS OF STRESS

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 ANXIETY, COGNITIVE BEHAVIORAL THERAPY, COGNITIVE DISTORTIONS, COLORING, EXPOSURE THERAPY, FEAR, GUIDED IMAGERY, MANDALAS,
 MEDITATION, NEGATIVE REACTIONS TO STRESS, NEGATIVE STRESS, PANIC/PANIC ATTACKS, PERFECTIONISM, PHYSICAL SYMPTOMS, POSITIVE
 AFFIRMATIONS, POSITIVE REACTIONS TO STRESS, POSITIVE STRESS, PROGRESSIVE MUSCLE RELAXATION, SIGNS OF STRESS, SOCIAL ANXIETY,
 STRESS, STRESS MANAGEMENT PLAN, WORRYING, YOGA.