

# Anxiety Bingo

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## Safety First!

Before you print all your bingo cards, please print a test page to check they come out the right size and color. Your bingo cards start on Page 3 of this PDF.

If your bingo cards have words then please check the spelling carefully.

If you need to make any changes go to [mfbc.us/e/ccxnrwg](https://mfbc.us/e/ccxnrwg)

## Play

Once you've checked they are printing correctly, print off your bingo cards and start playing! On the next page you will find the "Bingo Caller's Card" - this is used to call the bingo and keep track of which words have been called. Your bingo cards start on Page 3.

## Virtual Bingo

Please do not try to split this PDF into individual bingo cards to send out to players. We have tools on our site to send out links to individual bingo cards. For help go to [myfreebingocards.com/virtual-bingo](http://myfreebingocards.com/virtual-bingo).

## Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <https://myfreebingocards.com/faq> where you will find solutions to most common problems.

## Share

[Pin these bingo cards](#) on Pinterest, [share on Facebook](#), or post this link: [mfbc.us/s/ccxnrwg](https://mfbc.us/s/ccxnrwg)

## Edit and Create

To add more words or make changes to this set of bingo cards go to [mfbc.us/e/ccxnrwg](https://mfbc.us/e/ccxnrwg)

Go to [myfreebingocards.com/bingo-card-generator](http://myfreebingocards.com/bingo-card-generator) to create a new set of bingo cards.

## Legal

The terms of use for these printable bingo cards can be found at [myfreebingocards.com/terms](http://myfreebingocards.com/terms).

## Have Fun!

If you have any feedback or suggestions, drop us an email on [hello@myfreebingocards.com](mailto:hello@myfreebingocards.com).

# Bingo Caller's Card

Use your Bingo Caller's Card to call the bingo and keep track of which words you have already called.

Print two copies of the caller's card. Cut one copy up, fold the squares in half, and put them in a hat. To call the bingo, pull a square out of the hat, unfold it and read it out.

When you have called a word/number, tick it off on the second copy of the caller's card. You can use the second copy of the caller's card to check if a player has a winning card during a game.

anxiety	uncontrollable worry	nervousness	increased heart rate	sleep problems	upset stomach	muscle tension
avoidance	phobias	panic	generalized anxiety	mental reactions	physical reactions	unhealthy thinking patterns
relaxation skills	deep breathing	progressive muscle relaxation	mindfulness	present moment	exposure	facing fears
medication	what WILL happen	what COULD happen	worst-case scenario			

Bingo Card ID 001

# Anxiety

sleep problems	deep breathing	<b>panic</b>	generalized anxiety	present moment
muscle tension	progressive muscle relaxation	uncontrollable worry	physical reactions	<b>facing fears</b>
unhealthy thinking patterns	increased heart rate	<b>FREE SPACE</b>	what COULD happen	avoidance
what WILL happen	mental reactions	anxiety	nervousness	worst-case scenario
mindfulness	medication	exposure	relaxation skills	phobias

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Bingo Card ID 002

# Anxiety

uncontrollable worry	phobias	progressive muscle relaxation	sleep problems	mental reactions
muscle tension	increased heart rate	relaxation skills	unhealthy thinking patterns	generalized anxiety
what WILL happen	mindfulness	<b>FREE SPACE</b>	exposure	avoidance
nervousness	<b>facing fears</b>	deep breathing	what COULD happen	anxiety
<b>panic</b>	present moment	medication	upset stomach	physical reactions

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Bingo Card ID 003

# Anxiety

relaxation skills	physical reactions	uncontrollable worry	mindfulness	nervousness
upset stomach	generalized anxiety	worst-case scenario	deep breathing	what COULD happen
increased heart rate	phobias	FREE SPACE	sleep problems	avoidance
progressive muscle relaxation	medication	unhealthy thinking patterns	anxiety	mental reactions
what WILL happen	present moment	panic	muscle tension	facing fears

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Bingo Card ID 004

# Anxiety

what COULD happen	panic	unhealthy thinking patterns	facing fears	phobias
avoidance	physical reactions	present moment	what WILL happen	uncontrollable worry
sleep problems	relaxation skills	FREE SPACE	worst-case scenario	increased heart rate
exposure	mindfulness	mental reactions	generalized anxiety	upset stomach
muscle tension	progressive muscle relaxation	deep breathing	nervousness	anxiety

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Bingo Card ID 005

# Anxiety

panic	facing fears	what COULD happen	increased heart rate	anxiety
mental reactions	uncontrollable worry	progressive muscle relaxation	avoidance	upset stomach
worst-case scenario	deep breathing	FREE SPACE	what WILL happen	muscle tension
nervousness	generalized anxiety	exposure	physical reactions	mindfulness
sleep problems	medication	unhealthy thinking patterns	relaxation skills	phobias

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Bingo Card ID 006

# Anxiety

panic	deep breathing	sleep problems	generalized anxiety	worst-case scenario
exposure	progressive muscle relaxation	increased heart rate	phobias	uncontrollable worry
physical reactions	anxiety	FREE SPACE	relaxation skills	present moment
nervousness	mental reactions	unhealthy thinking patterns	what COULD happen	what WILL happen
muscle tension	mindfulness	upset stomach	facing fears	avoidance

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Bingo Card ID 007

# Anxiety

what WILL happen	exposure	present moment	unhealthy thinking patterns	worst-case scenario
medication	uncontrollable worry	progressive muscle relaxation	generalized anxiety	nervousness
increased heart rate	relaxation skills	FREE SPACE	muscle tension	avoidance
physical reactions	panic	phobias	mindfulness	anxiety
what COULD happen	sleep problems	mental reactions	facing fears	upset stomach

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Bingo Card ID 008

# Anxiety

what WILL happen	sleep problems	mental reactions	muscle tension	anxiety
exposure	what COULD happen	avoidance	panic	facing fears
uncontrollable worry	relaxation skills	FREE SPACE	physical reactions	increased heart rate
generalized anxiety	upset stomach	deep breathing	worst-case scenario	nervousness
present moment	mindfulness	medication	progressive muscle relaxation	phobias

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Bingo Card ID 009

# Anxiety

mental reactions	mindfulness	phobias	unhealthy thinking patterns	avoidance
panic	facing fears	generalized anxiety	nervousness	sleep problems
relaxation skills	physical reactions	FREE SPACE	what WILL happen	increased heart rate
progressive muscle relaxation	upset stomach	medication	present moment	exposure
muscle tension	anxiety	uncontrollable worry	deep breathing	worst-case scenario

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Bingo Card ID 010

# Anxiety

what COULD happen	unhealthy thinking patterns	present moment	deep breathing	exposure
progressive muscle relaxation	medication	increased heart rate	avoidance	anxiety
phobias	worst-case scenario	FREE SPACE	sleep problems	mindfulness
uncontrollable worry	nervousness	what WILL happen	panic	upset stomach
facing fears	muscle tension	relaxation skills	mental reactions	generalized anxiety

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Bingo Card ID 011

# Anxiety

deep breathing	upset stomach	sleep problems	avoidance	generalized anxiety
physical reactions	mental reactions	panic	phobias	uncontrollable worry
medication	what WILL happen	FREE SPACE	present moment	worst-case scenario
nervousness	progressive muscle relaxation	relaxation skills	unhealthy thinking patterns	exposure
what COULD happen	anxiety	increased heart rate	facing fears	muscle tension

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Bingo Card ID 012

# Anxiety

progressive muscle relaxation	medication	physical reactions	deep breathing	increased heart rate
mindfulness	phobias	muscle tension	upset stomach	generalized anxiety
nervousness	uncontrollable worry	FREE SPACE	avoidance	worst-case scenario
what WILL happen	panic	what COULD happen	sleep problems	mental reactions
exposure	anxiety	relaxation skills	present moment	unhealthy thinking patterns

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Bingo Card ID 013

# Anxiety

uncontrollable worry	worst-case scenario	facing fears	mental reactions	mindfulness
phobias	exposure	generalized anxiety	what WILL happen	physical reactions
progressive muscle relaxation	unhealthy thinking patterns	FREE SPACE	sleep problems	increased heart rate
medication	anxiety	present moment	avoidance	muscle tension
what COULD happen	deep breathing	nervousness	panic	upset stomach

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Bingo Card ID 014

# Anxiety

mindfulness	worst-case scenario	facing fears	nervousness	phobias
exposure	uncontrollable worry	relaxation skills	muscle tension	physical reactions
increased heart rate	upset stomach	FREE SPACE	progressive muscle relaxation	anxiety
panic	present moment	avoidance	what COULD happen	generalized anxiety
unhealthy thinking patterns	sleep problems	what WILL happen	mental reactions	medication

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Bingo Card ID 015

# Anxiety

medication	mental reactions	<b>panic</b>	progressive muscle relaxation	deep breathing
relaxation skills	what COULD happen	phobias	generalized anxiety	avoidance
physical reactions	<b>facing fears</b>	FREE SPACE	unhealthy thinking patterns	uncontrollable worry
sleep problems	worst-case scenario	muscle tension	increased heart rate	what WILL happen
anxiety	upset stomach	exposure	present moment	nervousness

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Bingo Card ID 016

# Anxiety

avoidance	physical reactions	nervousness	what WILL happen	increased heart rate
what COULD happen	upset stomach	uncontrollable worry	worst-case scenario	phobias
relaxation skills	present moment	FREE SPACE	anxiety	<b>panic</b>
mindfulness	progressive muscle relaxation	sleep problems	muscle tension	mental reactions
unhealthy thinking patterns	<b>facing fears</b>	medication	deep breathing	generalized anxiety

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Bingo Card ID 017

# Anxiety

panic	physical reactions	generalized anxiety	what <b>WILL</b> happen	worst-case scenario
facing fears	medication	deep breathing	unhealthy thinking patterns	mental reactions
mindfulness	phobias	FREE SPACE	anxiety	muscle tension
progressive muscle relaxation	nervousness	exposure	upset stomach	present moment
relaxation skills	sleep problems	what <b>COULD</b> happen	avoidance	increased heart rate

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Bingo Card ID 018

# Anxiety

nervousness	deep breathing	anxiety	facing fears	uncontrollable worry
phobias	sleep problems	physical reactions	present moment	relaxation skills
what <b>COULD</b> happen	panic	FREE SPACE	muscle tension	mindfulness
mental reactions	unhealthy thinking patterns	increased heart rate	medication	generalized anxiety
exposure	avoidance	progressive muscle relaxation	upset stomach	what <b>WILL</b> happen

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Bingo Card ID 019

# Anxiety

increased heart rate	muscle tension	worst-case scenario	nervousness	mindfulness
exposure	mental reactions	<b>facing fears</b>	phobias	present moment
relaxation skills	what <b>WILL</b> happen	<b>FREE SPACE</b>	sleep problems	generalized anxiety
unhealthy thinking patterns	progressive muscle relaxation	medication	uncontrollable worry	avoidance
anxiety	<b>panic</b>	upset stomach	physical reactions	what <b>COULD</b> happen

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Bingo Card ID 020

# Anxiety

phobias	unhealthy thinking patterns	increased heart rate	physical reactions	anxiety
progressive muscle relaxation	present moment	medication	<b>panic</b>	deep breathing
worst-case scenario	upset stomach	<b>FREE SPACE</b>	muscle tension	nervousness
mental reactions	uncontrollable worry	exposure	what <b>COULD</b> happen	what <b>WILL</b> happen
relaxation skills	avoidance	generalized anxiety	<b>facing fears</b>	mindfulness

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# Anxiety

unhealthy thinking patterns	present moment	physical reactions	medication	sleep problems
relaxation skills	<b>panic</b>	what COULD happen	facing fears	avoidance
exposure	generalized anxiety	<b>FREE SPACE</b>	what WILL happen	worst-case scenario
mindfulness	progressive muscle relaxation	uncontrollable worry	anxiety	phobias
nervousness	increased heart rate	deep breathing	muscle tension	upset stomach

# Anxiety

nervousness	anxiety	facing fears	mindfulness	present moment
<b>panic</b>	progressive muscle relaxation	deep breathing	mental reactions	avoidance
what WILL happen	uncontrollable worry	<b>FREE SPACE</b>	upset stomach	muscle tension
sleep problems	exposure	phobias	unhealthy thinking patterns	generalized anxiety
medication	what COULD happen	worst-case scenario	relaxation skills	physical reactions

Bingo Card ID 023

# Anxiety

muscle tension	mindfulness	anxiety	progressive muscle relaxation	exposure
unhealthy thinking patterns	what WILL happen	relaxation skills	what COULD happen	mental reactions
uncontrollable worry	nervousness	FREE SPACE	increased heart rate	medication
worst-case scenario	phobias	upset stomach	present moment	physical reactions
facing fears	generalized anxiety	sleep problems	avoidance	deep breathing

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Bingo Card ID 024

# Anxiety

upset stomach	relaxation skills	increased heart rate	deep breathing	muscle tension
present moment	physical reactions	worst-case scenario	what COULD happen	panic
phobias	medication	FREE SPACE	facing fears	nervousness
mental reactions	progressive muscle relaxation	anxiety	exposure	mindfulness
generalized anxiety	sleep problems	unhealthy thinking patterns	avoidance	uncontrollable worry

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Bingo Card ID 025

# Anxiety

relaxation skills	phobias	what COULD happen	facing fears	exposure
mental reactions	nervousness	anxiety	mindfulness	what WILL happen
muscle tension	physical reactions	FREE SPACE	deep breathing	unhealthy thinking patterns
upset stomach	uncontrollable worry	worst-case scenario	generalized anxiety	sleep problems
present moment	medication	panic	progressive muscle relaxation	avoidance

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Bingo Card ID 026

# Anxiety

anxiety	medication	mindfulness	uncontrollable worry	increased heart rate
avoidance	what WILL happen	nervousness	unhealthy thinking patterns	muscle tension
facing fears	progressive muscle relaxation	FREE SPACE	panic	exposure
present moment	relaxation skills	upset stomach	phobias	worst-case scenario
physical reactions	sleep problems	mental reactions	deep breathing	generalized anxiety

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Bingo Card ID 027

# Anxiety

panic	medication	what WILL happen	what COULD happen	phobias
unhealthy thinking patterns	avoidance	anxiety	worst-case scenario	upset stomach
facing fears	relaxation skills	FREE SPACE	nervousness	exposure
sleep problems	mental reactions	present moment	physical reactions	mindfulness
muscle tension	deep breathing	progressive muscle relaxation	uncontrollable worry	generalized anxiety

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Bingo Card ID 028

# Anxiety

muscle tension	sleep problems	what WILL happen	progressive muscle relaxation	increased heart rate
unhealthy thinking patterns	upset stomach	what COULD happen	anxiety	physical reactions
exposure	relaxation skills	FREE SPACE	uncontrollable worry	mindfulness
mental reactions	facing fears	deep breathing	medication	generalized anxiety
phobias	worst-case scenario	present moment	avoidance	nervousness

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Bingo Card ID 029

# Anxiety

muscle tension	deep breathing	upset stomach	anxiety	facing fears
medication	avoidance	exposure	nervousness	mental reactions
phobias	physical reactions	FREE SPACE	worst-case scenario	what COULD happen
increased heart rate	relaxation skills	uncontrollable worry	unhealthy thinking patterns	generalized anxiety
what WILL happen	present moment	progressive muscle relaxation	sleep problems	mindfulness

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Bingo Card ID 030

# Anxiety

present moment	medication	avoidance	increased heart rate	what COULD happen
generalized anxiety	physical reactions	unhealthy thinking patterns	muscle tension	what WILL happen
sleep problems	phobias	FREE SPACE	panic	facing fears
deep breathing	nervousness	uncontrollable worry	relaxation skills	mindfulness
exposure	anxiety	upset stomach	progressive muscle relaxation	mental reactions

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