#### **Stress Bingo**

#### myfreebingocards.com

#### **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/hgtne

#### 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 <u>myfreebingocards.com/virtual-bingo</u>.

#### Help

If you're having trouble printing your bingo cards or using the bingo card generator then please go to <u>https://myfreebingocards.com/faq</u> 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/hgtne

#### **Edit and Create**

To add more words or make changes to this set of bingo cards go to mfbc.us/e/hgtne

Go to 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 <u>myfreebingocards.com/terms</u>.

#### Have Fun!

If you have any feedback or suggestions, drop us an email on 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.

physical	emotional	psychological	fear	nausea	insomnia
relaxation	control	anxiety	moody	headaches	indecisive
tearful	apathetic				

**Stress** 

		myfreet	oingocards.com	
headaches	insomnia	apathetic	psychological	
fear	indecisive		nausea	
moody	relaxation	control		
anxiety	emotional	physical	tearful	

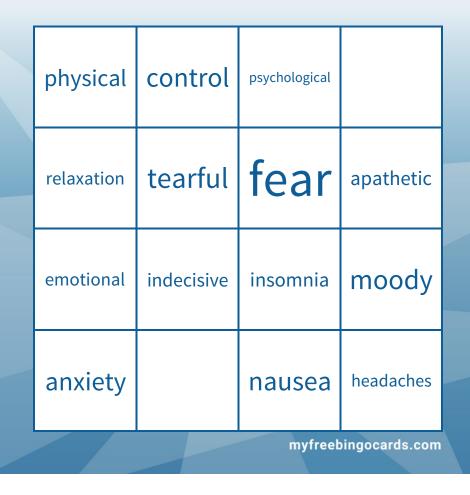
Bingo Card ID 002

1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	psychological	indecisive	moody	fear	
	emotional	apathetic	insomnia		
	anxiety	control	nausea		
A REAL PROPERTY.	headaches	physical	tearful	relaxation	
myfreebingocards.com					

Bingo Card ID 004

# **Stress**

relaxation	insomnia	nausea	emotional	
anxiety	fear	psychological		
headaches		indecisive	tearful	
physical	apathetic	control	moody	
		myfreet	oingocards.com	



Bingo Card ID 006

### **Stress**

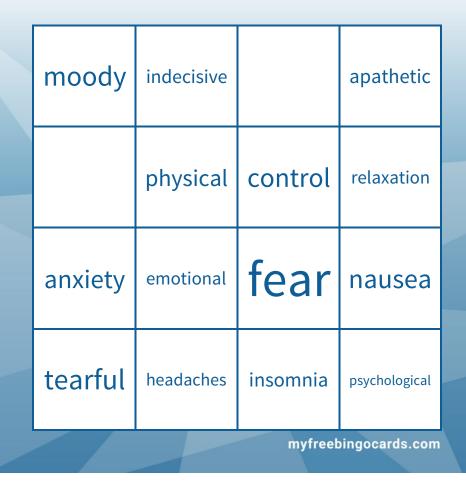
	physical	control		fear	
	indecisive		anxiety	moody	
	nausea	apathetic	emotional	insomnia	
	relaxation	headaches	psychological	tearful	
myfreebingocards.com					

fear	psychological	relaxation	
nausea	tearful	indecisive	control
insomnia	moody		headaches

Bingo Card ID 008

# **Stress**

apathetic	tearful	headaches	emotional			
nausea		fear	moody			
relaxation	physical	insomnia	psychological			
	anxiety	control	indecisive			
myfreebingocards.com						



Bingo Card ID 010

#### **Stress**

		myfreet	oingocards.com	
tearful	moody		anxiety	
relaxation	fear	headaches	apathetic	
control	emotional	nausea	physical	
indecisive	insomnia	psychological		

tearful	anxiety	apathetic	headaches
fear			psychological
insomnia	nausea	physical	control
moody	emotional	indecisive	relaxation
		myfreet	oingocards.com

Bingo Card ID 012

# **Stress**

		myfreet	bingocards.com	
control	fear	moody	insomnia	
nausea	tearful	apathetic		
indecisive	headaches	physical	psychological	
anxiety		emotional	relaxation	

relaxation	headaches	fear	anxiety		
insomnia	psychological	moody	emotional		
nausea		physical			
apathetic	indecisive	control	tearful		
myfreebingocards.com					

Bingo Card ID 014

# **Stress**

myfreebingocards.com					
anxiety	moody	nausea	physical		
headaches			tearful		
apathetic	emotional	relaxation	fear		
indecisive	control	insomnia	psychological		

myfreebingocards.com				
emotional	anxiety	headaches	indecisive	
	physical	tearful		
psychological	moody	relaxation	fear	
insomnia	control	nausea	apathetic	

Bingo Card ID 016

#### **Stress**

headaches	indecisive	physical	anxiety	
psychological		emotional	relaxation	
 control	moody	fear		
apathetic	insomnia	nausea	tearful	
		myfreet	oingocards.com	

	nausea	relaxation	fear
psychological		tearful	physical
 insomnia	moody	indecisive	control
anxiety	headaches	apathetic	emotional
		myfreet	oingocards.com

Bingo Card ID 018

# **Stress**

		myfreeb	oingocards.com	
apathetic	tearful		fear	
	moody	psychological	nausea	
anxiety	headaches	indecisive	insomnia	
relaxation	physical	control	emotional	

		myfreeb	oingocards.com
emotional	headaches	apathetic	
indecisive	insomnia	moody	fear
psychological	relaxation	tearful	physical
anxiety	nausea		control

Bingo Card ID 020

# **Stress**

moody	fear	apathetic	insomnia	
nausea	indecisive	control	psychological	
tearful	emotional		headaches	
	physical	relaxation	anxiety	
		myfreet	oingocards.com	

fear	psychological	relaxation	
headaches	tearful	anxiety	physical
indecisive	moody	nausea	apathetic
	emotional	control	insomnia
myfreebingocards.com			

Bingo Card ID 022

#### **Stress**

tearful	relaxation	headaches	physical	
	control	apathetic	emotional	
insomnia		anxiety	fear	
nausea	psychological	moody	indecisive	
myfreebingocards.com				

myfreebingocards.com				
	emotional	headaches	relaxation	fear
	indecisive	moody	apathetic	psychological
	physical	tearful	anxiety	
	nausea		control	insomnia

Bingo Card ID 024

# **Stress**

		myfreet	oingocards.com	
emotional		anxiety	physical	
psychological	tearful	control	relaxation	
indecisive	nausea	fear	headaches	
moody	insomnia		apathetic	

fear	anxiety	moody	relaxation
tearful	physical	control	headaches
psychological	indecisive	nausea	
apathetic	emotional	insomnia	
		myfreet	oingocards.com

Bingo Card ID 026

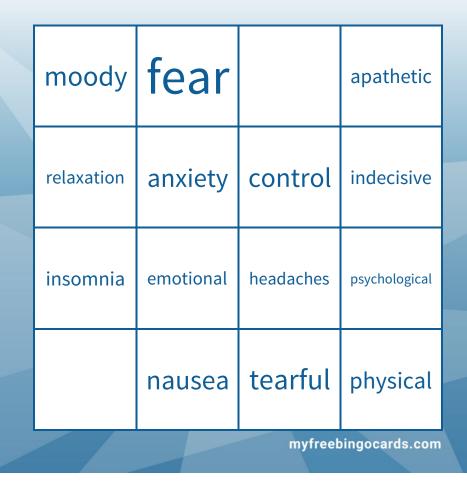
		headaches	insomnia	fear
		nausea	moody	control
	apathetic	physical	tearful	psychological
	relaxation	anxiety	indecisive	emotional
myfreebingocards.com				

		myfreet	oingocards.com	
physical	tearful		fear	
relaxation	anxiety	emotional	headaches	
nausea		insomnia	moody	
psychological	control	apathetic	indecisive	

Bingo Card ID 028

#### **Stress**

myfreebingocards.com					
	moody	anxiety	emotional	fear	
	indecisive	relaxation	tearful	insomnia	
		control	nausea	apathetic	
	physical	headaches	psychological		



Bingo Card ID 030

# **Stress**

myfreebingocards.com				
emotional	tearful	insomnia	physical	
indecisive	psychological	relaxation	fear	
headaches		apathetic	nausea	
moody	anxiety		control	

	headaches	tearful		fear
	emotional	relaxation	moody	control
×	physical	psychological	anxiety	nausea
	apathetic	insomnia		indecisive
myfreebingocards.com				