

Stress 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/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 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/fag> 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 myfreebingocards.com/terms.

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				

Bingo Card ID 001

Stress

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

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Bingo Card ID 002

Stress

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

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Bingo Card ID 003

Stress

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

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Bingo Card ID 004

Stress

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

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Stress

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

Stress

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

Bingo Card ID 007

Stress

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

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Bingo Card ID 008

Stress

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

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Bingo Card ID 009

Stress

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

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Bingo Card ID 010

Stress

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

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Stress

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

Stress

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

Bingo Card ID 013

Stress

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

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Bingo Card ID 014

Stress

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

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Stress

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

Stress

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

Stress

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

Stress

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

Stress

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

Stress

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

Stress

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

Stress

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

Bingo Card ID 023

Stress

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

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Bingo Card ID 024

Stress

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

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Stress

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

Stress

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

Stress

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

Stress

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

Stress

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

Stress

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