

Coping and Managing 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/qgqsce8

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/qgqsce8

Edit and Create

To add more words or make changes to this set of bingo cards go to mfbc.us/e/qgqsce8

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.

Meditate	Practice Deep Breathing	Exercise	Therapy	Stop Smoking	Eating a healthy diet
Get 8 hours of sleep	Ditch caffeine	Stay busy & active	Aromatherapy	Yoga	Drink chamomile tea
CBD products	Hang out with those close to you	Seek medication for severe anxiety	Count to 10		

Bingo Card ID 001

Coping and Managing Anxiety BINGO

Count to 10	Eating a healthy diet	Stay busy & active	Yoga
Practice Deep Breathing	Therapy	Drink chamomile tea	CBD products
Exercise	Hang out with those close to you	Aromatherapy	Seek medication for severe anxiety
Get 8 hours of sleep	Meditate	Ditch caffeine	Stop Smoking

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Bingo Card ID 002

Coping and Managing Anxiety BINGO

Stop Smoking	Hang out with those close to you	Practice Deep Breathing	Exercise
Eating a healthy diet	Ditch caffeine	Meditate	CBD products
Count to 10	Drink chamomile tea	Seek medication for severe anxiety	Aromatherapy
Get 8 hours of sleep	Stay busy & active	Yoga	Therapy

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Bingo Card ID 003

Coping and Managing Anxiety BINGO

Therapy	Meditate	Seek medication for severe anxiety	Eating a healthy diet
Count to 10	Exercise	Stop Smoking	CBD products
Get 8 hours of sleep	Aromatherapy	Hang out with those close to you	Yoga
Stay busy & active	Ditch caffeine	Drink chamomile tea	Practice Deep Breathing

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Bingo Card ID 004

Coping and Managing Anxiety BINGO

Stay busy & active	Drink chamomile tea	Stop Smoking	CBD products
Therapy	Yoga	Exercise	Ditch caffeine
Eating a healthy diet	Hang out with those close to you	Meditate	Practice Deep Breathing
Count to 10	Aromatherapy	Seek medication for severe anxiety	Get 8 hours of sleep

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Bingo Card ID 005

Coping and Managing Anxiety BINGO

Stay busy & active	Drink chamomile tea	Aromatherapy	Exercise
Hang out with those close to you	CBD products	Count to 10	Practice Deep Breathing
Seek medication for severe anxiety	Ditch caffeine	Eating a healthy diet	Meditate
Therapy	Get 8 hours of sleep	Stop Smoking	Yoga

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Bingo Card ID 006

Coping and Managing Anxiety BINGO

Stay busy & active	Count to 10	Ditch caffeine	Eating a healthy diet
Exercise	Stop Smoking	Therapy	Aromatherapy
Seek medication for severe anxiety	Yoga	Hang out with those close to you	Drink chamomile tea
Meditate	Practice Deep Breathing	CBD products	Get 8 hours of sleep

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Bingo Card ID 007

Coping and Managing Anxiety BINGO

Ditch caffeine	Yoga	Get 8 hours of sleep	Eating a healthy diet
Seek medication for severe anxiety	CBD products	Exercise	Practice Deep Breathing
Therapy	Stay busy & active	Meditate	Stop Smoking
Aromatherapy	Count to 10	Drink chamomile tea	Hang out with those close to you

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Bingo Card ID 008

Coping and Managing Anxiety BINGO

Practice Deep Breathing	Hang out with those close to you	Aromatherapy	Ditch caffeine
CBD products	Stay busy & active	Drink chamomile tea	Therapy
Count to 10	Eating a healthy diet	Exercise	Seek medication for severe anxiety
Yoga	Get 8 hours of sleep	Meditate	Stop Smoking

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Bingo Card ID 009

Coping and Managing Anxiety BINGO

Hang out with those close to you	Meditate	Stop Smoking	CBD products
Drink chamomile tea	Eating a healthy diet	Seek medication for severe anxiety	Stay busy & active
Therapy	Exercise	Get 8 hours of sleep	Ditch caffeine
Yoga	Practice Deep Breathing	Aromatherapy	Count to 10

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Bingo Card ID 010

Coping and Managing Anxiety BINGO

Yoga	Count to 10	Ditch caffeine	Get 8 hours of sleep
Exercise	CBD products	Aromatherapy	Stop Smoking
Meditate	Seek medication for severe anxiety	Stay busy & active	Drink chamomile tea
Practice Deep Breathing	Eating a healthy diet	Hang out with those close to you	Therapy

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Bingo Card ID 011

Coping and Managing Anxiety BINGO

Count to 10	CBD products	Eating a healthy diet	Therapy
Hang out with those close to you	Get 8 hours of sleep	Stay busy & active	Stop Smoking
Seek medication for severe anxiety	Yoga	Ditch caffeine	Aromatherapy
Drink chamomile tea	Exercise	Practice Deep Breathing	Meditate

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Bingo Card ID 012

Coping and Managing Anxiety BINGO

Therapy	Get 8 hours of sleep	Exercise	Count to 10
Meditate	Stop Smoking	Practice Deep Breathing	Eating a healthy diet
Seek medication for severe anxiety	CBD products	Stay busy & active	Aromatherapy
Ditch caffeine	Hang out with those close to you	Drink chamomile tea	Yoga

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Bingo Card ID 013

Coping and Managing Anxiety BINGO

Hang out with those close to you	Drink chamomile tea	Meditate	Stop Smoking
Ditch caffeine	Eating a healthy diet	Therapy	Exercise
Get 8 hours of sleep	Aromatherapy	CBD products	Yoga
Count to 10	Practice Deep Breathing	Seek medication for severe anxiety	Stay busy & active

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Bingo Card ID 014

Coping and Managing Anxiety BINGO

Meditate	Drink chamomile tea	Seek medication for severe anxiety	Ditch caffeine
Stop Smoking	Practice Deep Breathing	Therapy	Exercise
Aromatherapy	Stay busy & active	Yoga	CBD products
Eating a healthy diet	Count to 10	Get 8 hours of sleep	Hang out with those close to you

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Bingo Card ID 015

Coping and Managing Anxiety BINGO

Get 8 hours of sleep	Hang out with those close to you	Stay busy & active	Count to 10
Stop Smoking	CBD products	Eating a healthy diet	Therapy
Drink chamomile tea	Practice Deep Breathing	Exercise	Aromatherapy
Ditch caffeine	Meditate	Seek medication for severe anxiety	Yoga

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Bingo Card ID 016

Coping and Managing Anxiety BINGO

CBD products	Seek medication for severe anxiety	Therapy	Exercise
Stop Smoking	Aromatherapy	Yoga	Stay busy & active
Meditate	Practice Deep Breathing	Hang out with those close to you	Drink chamomile tea
Count to 10	Get 8 hours of sleep	Ditch caffeine	Eating a healthy diet

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Bingo Card ID 017

Coping and Managing Anxiety BINGO

Therapy	Stay busy & active	Drink chamomile tea	Eating a healthy diet
Count to 10	Get 8 hours of sleep	Hang out with those close to you	Meditate
Aromatherapy	Practice Deep Breathing	Stop Smoking	Seek medication for severe anxiety
Ditch caffeine	Yoga	CBD products	Exercise

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Bingo Card ID 018

Coping and Managing Anxiety BINGO

Count to 10	Seek medication for severe anxiety	Aromatherapy	Drink chamomile tea
Stop Smoking	Therapy	Yoga	Stay busy & active
Hang out with those close to you	Meditate	Practice Deep Breathing	Exercise
Eating a healthy diet	Get 8 hours of sleep	Ditch caffeine	CBD products

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Bingo Card ID 019

Coping and Managing Anxiety BINGO

Practice Deep Breathing	Exercise	Ditch caffeine	Meditate
Seek medication for severe anxiety	Hang out with those close to you	Drink chamomile tea	Stop Smoking
Yoga	Eating a healthy diet	CBD products	Get 8 hours of sleep
Aromatherapy	Stay busy & active	Therapy	Count to 10

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Bingo Card ID 020

Coping and Managing Anxiety BINGO

Exercise	Stop Smoking	Therapy	Aromatherapy
Get 8 hours of sleep	Yoga	Count to 10	Stay busy & active
Hang out with those close to you	Practice Deep Breathing	Seek medication for severe anxiety	Ditch caffeine
CBD products	Eating a healthy diet	Drink chamomile tea	Meditate

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Bingo Card ID 021

Coping and Managing Anxiety BINGO

Yoga	Therapy	Get 8 hours of sleep	Stay busy & active
CBD products	Drink chamomile tea	Ditch caffeine	Eating a healthy diet
Meditate	Aromatherapy	Count to 10	Exercise
Seek medication for severe anxiety	Stop Smoking	Practice Deep Breathing	Hang out with those close to you

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Bingo Card ID 022

Coping and Managing Anxiety BINGO

Seek medication for severe anxiety	Aromatherapy	Drink chamomile tea	Meditate
Stay busy & active	Yoga	Count to 10	CBD products
Hang out with those close to you	Practice Deep Breathing	Ditch caffeine	Stop Smoking
Eating a healthy diet	Get 8 hours of sleep	Therapy	Exercise

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Bingo Card ID 023

Coping and Managing Anxiety BINGO

Practice Deep Breathing	Meditate	Aromatherapy	Ditch caffeine
Hang out with those close to you	Seek medication for severe anxiety	Exercise	Get 8 hours of sleep
Stop Smoking	Yoga	Drink chamomile tea	Therapy
Eating a healthy diet	CBD products	Count to 10	Stay busy & active

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Bingo Card ID 024

Coping and Managing Anxiety BINGO

Exercise	Count to 10	Practice Deep Breathing	Therapy
Yoga	Stay busy & active	Drink chamomile tea	Get 8 hours of sleep
Stop Smoking	Hang out with those close to you	Seek medication for severe anxiety	Aromatherapy
Ditch caffeine	Eating a healthy diet	Meditate	CBD products

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Bingo Card ID 025

Coping and Managing Anxiety BINGO

Stop Smoking	Drink chamomile tea	Ditch caffeine	Hang out with those close to you
Seek medication for severe anxiety	Aromatherapy	Meditate	Practice Deep Breathing
Therapy	Count to 10	Eating a healthy diet	Get 8 hours of sleep
Stay busy & active	Yoga	CBD products	Exercise

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Bingo Card ID 026

Coping and Managing Anxiety BINGO

Aromatherapy	Get 8 hours of sleep	Meditate	Exercise
CBD products	Seek medication for severe anxiety	Practice Deep Breathing	Drink chamomile tea
Ditch caffeine	Stay busy & active	Yoga	Stop Smoking
Therapy	Count to 10	Hang out with those close to you	Eating a healthy diet

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Coping and Managing Anxiety BINGO

Stay busy & active	Get 8 hours of sleep	Stop Smoking	Aromatherapy
CBD products	Drink chamomile tea	Seek medication for severe anxiety	Ditch caffeine
Hang out with those close to you	Therapy	Yoga	Meditate
Practice Deep Breathing	Count to 10	Eating a healthy diet	Exercise

Coping and Managing Anxiety BINGO

Practice Deep Breathing	Exercise	Aromatherapy	Ditch caffeine
Therapy	Count to 10	Drink chamomile tea	Hang out with those close to you
Meditate	Eating a healthy diet	Get 8 hours of sleep	Stop Smoking
CBD products	Seek medication for severe anxiety	Yoga	Stay busy & active

Bingo Card ID 029

Coping and Managing Anxiety BINGO

Practice Deep Breathing	Count to 10	Aromatherapy	Drink chamomile tea
Get 8 hours of sleep	CBD products	Ditch caffeine	Seek medication for severe anxiety
Hang out with those close to you	Stop Smoking	Therapy	Exercise
Eating a healthy diet	Yoga	Meditate	Stay busy & active

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Bingo Card ID 030

Coping and Managing Anxiety BINGO

Get 8 hours of sleep	Yoga	CBD products	Exercise
Eating a healthy diet	Therapy	Practice Deep Breathing	Drink chamomile tea
Stay busy & active	Stop Smoking	Count to 10	Seek medication for severe anxiety
Ditch caffeine	Meditate	Aromatherapy	Hang out with those close to you

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