

Chronic Pain Champion Bingo

B I N G O

Be Kind	Reward Yourself	Meditate	Breathe Deep	No Nap
Be a Friend	Say "I Can Do This"	Relax	Talk to a Friend	Smile
Good Sleep Habits	Play a Game	No Whining	Pet a Dog	Confront Negative Thoughts
Crack In Crack	Yoga	Tai Chi	Zero Pain Behavior	Accept Help
Accept Help	Be a Role Model	Eat Healthy	Forgive Someone	Set Goals

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Do a Random Act of Kindness	Tai Chi	Good Sleep Habits	Not a Victim	No Nap
Walk	Yoga	Smile	Be Kind	Laugh
Eat Healthy	Get Out of House	No Whining	Stretch	Do Art
Breathe Deep	Confront Negative Thoughts	Meditate	Accept Help	Tai Chi
Be Mindful	Be a Friend	Get Out of Bed	Pet a Dog	Talk to a Friend



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Not a Victim	Tai Chi	Good Sleep Habits	Be Mindful	Be a Role Model
Be a Friend	No Nap	Smile	Relax	Moderate
Laugh	Play a Game	No Whining	Create Daily Plan	Walk
Exercise (other than walking)	Pet a Dog	Zero Pain Behavior	Positive Self-Talk	No Rumination
Crack In Crack	Reward Yourself	Accept Help	Get Out of House	Plan Ahead

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Meditate	Do a Random Act of Kindness	Modify	No Rumination	Breathe Deep
Watch a Movie	Plan Ahead	Tai Chi	Volunteer	Get Out of House
Yoga	Create Daily Plan	No Whining	No Nap	Be Kind
Be a Friend	Be Mindful	Reduce Stress	Set Goals	Laugh
Walk	Moderate	Say "I Can Do This"	Crack In Crack	Stretch



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Get Out of Bed	No Catastro-phizing	Smile	Stretch	Be Mindful
Laugh	Play a Game	Say "I Can Do This"	Tai Chi	Create Daily Plan
No Rumination	Eat Healthy	No Whining	Set Goals	Reduce Stress
Meditate	Talk to a Friend	Volunteer	No Nap	Watch a Movie
Moderate	Forgive Someone	Confront Negative Thoughts	Good Sleep Habits	Be a Friend

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B I N G O

Do a Random Act of Kindness	Reduce Stress	Crack In Crack	Say "I Can Do This"	Enjoy Nature
Good Sleep Habits	Create Daily Plan	Forgive Someone	Smile	Talk to a Friend
Yoga	Be a Friend	No Whining	Watch a Movie	Volunteer
Meditate	Eat Healthy	Do Art	Stretch	Tai Chi
Pet a Dog	Get Out of House	Plan Ahead	Be Mindful	Accept Help



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Get Out of Bed	Yoga	Volunteer	Good Sleep Habits	Reward Yourself
Eat Healthy	Watch a Movie	Be Kind	Do a Random Act of Kindness	Accept Help
Laugh	Walk	No Whining	Set Goals	Breathe Deep
Be a Friend	Be a Friend	Tai Chi	Confront Negative Thoughts	Plan Ahead
Not a Victim	Do Art	Modify	Be a Role Model	Reduce Stress

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B I N G O

Do a Random Act of Kindness	Be a Role Model	Zero Pain Behavior	Tai Chi	Positive Self-Talk
No Nap	Set Goals	Walk	Moderate	Reward Yourself
Do Art	Exercise (other than walking)	No Whining	Eat Healthy	Relax
Be Mindful	Enjoy Nature	Pet a Dog	Get Out of House	Breathe Deep
Stretch	Plan Ahead	Accept Help	Crack In Crack	Modify

