

Chronic Pain Champions: Break Free From Chronic Pain Bingo

B I N G O

Distract From Pain	Do More	Be Kind	Breathe Deep	Tai Chi
Eat Right	Be a Role Model	Not a Victim	Plan Ahead	Work the Plan
Good Sleep Habits	Reframe Unhelpful Thoughts	No Whining	Relax	Manage Medicines
Reduce Stress	Problem Solve	Change Focus	Smile	Accept Pain
Modify	Exercise	Be Assertive	Walk	Be a Friend

Chronic Pain Champions: Break Free From Chronic Pain Bingo

B I N G O

Be a Friend	Smile	Be Kind	Moderate	Accept Pain
Be Mindful	Do More	Reframe Unhelpful Thoughts	Yoga	Reduce Stress
Plan Ahead	Not a Victim	No Whining	Get out of Bed	Tai Chi
Be a Role Model	Stay Positive	Problem Solve	Good Sleep Habits	Walk
Laugh	Reward Yourself	Eat Right	Breathe Deep	Exercise

Chronic Pain Champions: Break Free From Chronic Pain Bingo

B I N G O

Problem Solve	Walk	Laugh	Reward Yourself	Reframe Unhelpful Thoughts
Be Kind	Accept Pain	More SIMs than DIMs	Change Focus	Plan Ahead
Tai Chi	Get out of Bed	No Whining	Moderate	Yoga
Go Outside	Positive Self-Talk	Distract From Pain	Good Sleep Habits	Reduce Stress
Smile	No Catastrophizing	Be a Friend	Manage Medicines	Eat Right

Chronic Pain Champions: Break Free From Chronic Pain Bingo

B I N G O

Be Assertive	Zero Pain Behavior	Be Kind	Yoga	Reframe Unhelpful Thoughts
Eat Right	Manage Medicines	Not a Victim	Be Mindful	Laugh
Smile	Reward Yourself	No Whining	Plan Ahead	More SIMs than DIMs
Tai Chi	Breathe Deep	Reduce Stress	No Catastrophizing	Exercise
Stay Positive	Modify	Positive Self-Talk	Accept Pain	Be a Friend

Chronic Pain Champions: Break Free From Chronic Pain Bingo

B I N G O

Plan Ahead	Change Focus	Relax	Moderate	Smile
Walk	Accept Pain	Manage Medicines	Reframe Unhelpful Thoughts	Work the Plan
Problem Solve	Be a Friend	No Whining	No Catastrophizing	Be a Role Model
More SIMs than DIMs	Distract From Pain	Stay Positive	Modify	Breathe Deep
Do More	Positive Self-Talk	Get out of Bed	Be Kind	Not a Victim

Chronic Pain Champions: Break Free From Chronic Pain Bingo

B I N G O

Be a Friend	Moderate	Modify	Relax	Reframe Unhelpful Thoughts
Be Mindful	Good Sleep Habits	Yoga	More SIMs than DIMs	Do More
Laugh	Volunteer	No Whining	Problem Solve	Accept Pain
Plan Ahead	Breathe Deep	Reward Yourself	Go Outside	Manage Medicines
Stay Positive	Zero Pain Behavior	Positive Self-Talk	Distract From Pain	Work the Plan

Chronic Pain Champions: Break Free From Chronic Pain Bingo

B I N G O

Plan Ahead	Positive Self-Talk	Reframe Unhelpful Thoughts	Modify	Be Assertive
Zero Pain Behavior	Not a Victim	Yoga	Problem Solve	Smile
Stay Positive	Exercise	No Whining	Relax	Distract From Pain
Volunteer	Get out of Bed	Work the Plan	Change Focus	Be a Role Model
No Catastrophizing	Be Mindful	Accept Pain	Eat Right	Do More

Chronic Pain Champions: Break Free From Chronic Pain Bingo

B I N G O

Eat Right	Distract From Pain	Zero Pain Behavior	Yoga	Be Mindful
Good Sleep Habits	Smile	Accept Pain	Reframe Unhelpful Thoughts	Get out of Bed
Plan Ahead	Breathe Deep	No Whining	Reduce Stress	Moderate
Volunteer	Exercise	Work the Plan	Do More	Modify
Problem Solve	Be a Friend	Relax	Tai Chi	Be a Role Model