

Unit 1 Bingo

1. This type of person is a strong leader, achievement oriented, wants things done "now", needs to learn to rest/ relax
2. This type of person is very social, lots of fun, good at motivating others, may be irresponsible and/or vulnerable to peer pressure
3. This type of person is very loyal, good listeners, caring & empathetic, maybe be taken advantage of
4. This type of person is analytical, detail oriented, wants things done right, looks to the past, maybe be self-critical or prone to depression
5. Delaying gratification, correcting negative self- talk, strengthening your work ethic, acting on your values, learning a new skill & community service can all help develop what?
6. Catastrophizing, labeling, overgeneralizing, all-or-nothing thinking are all examples of . . .
7. Identify the problem, brainstorming all options & outcomes, choosing wisely & then evaluating afterwards are the steps in.....
8. Accepting responsibility, stopping the negative behavior, making restitution and planning for the future is....
9. The ability to bounce back, learn and recover from adversity is...
10. When you improve family relationships, find a mentor, choose responsible friends, participate in school and community activities, seek help from support groups, you are...?
11. Stressors that include clutter, traffic, noise and temperature are...?
12. Stressors that include poor diet, illness, injury, lack of sleep and substance abuse are...?
13. Stressors include performance events, family gatherings and relationship conflicts are...?

14. Stressors include negative self-talk and faulty perception and/or reasoning are..?
15. This effect of stress can be physical, pathological or psychological
16. When stress leads to ulcers, HBP, headaches, etc....
17. The body's stress response includes increased breathing, increased heart rate, increased BP, sweating, muscle tightening, and decreased saliva and digestion, etc.
18. Work on 1 thing at a time, have reasonable expectations, have a specific and measurable plan, establish accountability, set a time line, and reward success
19. Practice patience, have reasonable expectations, journal, develop an attitude of gratitude, know your triggers, recognize your body's cues, identify wounds, develop a plan, seek professional help
20. Identify your values/priorities and act on them, develop a greater work ethic, stop/correct negative behaviors, limit self-focus, focus on what you CAN control
21. An aspect of love that seeks to challenge, protect & discipline
22. Recognizes this negative self-talk & change the “tune” and/or confront it with the truth.
23. An aspect of love that offers patience, compassion & hugs
24. The average number of hours of sleep that most teen needs for proper functioning
25. The rate of CPR compressions
26. The ratio of compressions to breaths in CPR
27. The proper depth of CPR compressions for an adult
28. The proper depth of CPR compressions for an infant

29. The 1st step in emergency response is to check the
30. In the SMART acronym for goal setting, “M” stands for
31. In the SMART acronym for goal setting, “R” stands for
32. In the SMART acronym for goal setting, “T” stands for
33. In the SMART acronym for goal setting, “A” stands for
34. In the SMART acronym for goal setting, “S” stands for
35. Strategies include using your support system, getting proper nutrition, sleep, & exercise, listening to music, laughing and/or crying, spending time with a pet, journaling, yoga, & reading
36. Negative self-talk that uses words like always and never
37. Distorted thinking involving mind reading and/or making assumptions
38. Distorted thinking that says “It would be awful/so embarrassing/ruined if . . . “
39. Negative self-talk that uses words like “stupid, fat, too emotional . . .”
40. Negative thinking that says “I’ll only do it if - I know I’m right, no one will get mad, etc.”

H.R. – Unit 1 Bingo Word List

- 100-120/min.
- Beaver
- Golden Retriever
- Hard Side
- Specific
- Soft Side
- Negative Self-Talk
- Stress Management
- Correcting a Poor Decision
- Environmental
- Physical
- Fatigue
- Psychosomatic Illness
- Fight or Flight
- Jumping to Conclusions
- Over-Generalizing
- At least 2 inches
- Measurable
- Realistic
- Scene
- 30:2
- Labeling
- Attainable
- Psychological
- Catastrophizing
- Social
- Developing Resiliency
- Otter
- Character Development
- Self-Esteem
- 1 ½ inches
- Goal Setting
- Anger Management
- Decision Making
- Lion
- Resiliency
- Time Bound
- 9 ½
- Pathological Critic
- Setting Rigid Requirements