

B	I	N	G	O
Slept less than 6 hours because of duty homework	Anxiety	Covered someone else's shift when you didn't want to	Responded to a GroupMe while half asleep	Felt like you're underperforming academically
Checked your email before getting out of bed	Skipped the gym because you were exhausted	Free space: "It builds character"	Ate dinner late because of duty	Procrastinated on classwork due to stress
Said "I'm fine" but absolutely not fine	Smiled through exhaustion	FREE	Attended a program you didn't have energy for	Drank more caffeine than water
Dreamed about writing an incident report	Said yes to extra tasks when you should've said no	Felt guilty for needing a break	Didn't tell your supervisor you were overwhelmed	Felt pressure to "do it all"
Did emotional labor you weren't trained for	Canceled plans because of RA responsibilities	Got frustrated but had to stay neutral	Thought about stepping down	Counted down the hours until duty rotation ends

B	I	N	G	O
Smiled through exhaustion	Ate dinner late because of duty	Responded to a GroupMe while half asleep	Checked your email before getting out of bed	Free space: "It builds character"
Covered someone else's shift when you didn't want to	Thought about stepping down	Felt like you're underperforming academically	Canceled plans because of RA responsibilities	Procrastinated on classwork due to stress
Dreamed about writing an incident report	Attended a program you didn't have energy for	FREE	Drank more caffeine than water	Anxiety
Didn't tell your supervisor you were overwhelmed	Got frustrated but had to stay neutral	Slept less than 6 hours because of duty homework	Counted down the hours until duty rotation ends	Said yes to extra tasks when you should've said no
Felt guilty for needing a break	Felt pressure to "do it all"	Said "I'm fine" but absolutely not fine	Skipped the gym because you were exhausted	Did emotional labor you weren't trained for

B	I	N	G	O
Canceled plans because of RA responsibilities	Got frustrated but had to stay neutral	Ate dinner late because of duty	Felt pressure to "do it all"	Attended a program you didn't have energy for
Slept less than 6 hours because of duty homework	Dreamed about writing an incident report	Felt guilty for needing a break	Skipped the gym because you were exhausted	Felt like you're underperforming academically
Said "I'm fine" but absolutely not fine	Counted down the hours until duty rotation ends	FREE	Said yes to extra tasks when you should've said no	Didn't tell your supervisor you were overwhelmed
Smiled through exhaustion	Procrastinated on classwork due to stress	Responded to a GroupMe while half asleep	Thought about stepping down	Covered someone else's shift when you didn't want to
Drank more caffeine than water	Anxiety	Free space: "It builds character"	Checked your email before getting out of bed	Did emotional labor you weren't trained for