

B	I	N	G	O
Smiled through exhaustion.	Ate dinner late because of a busy schedule.	Didn't tell your supervisor you were overwhelmed.	Said "I'm fine" but absolutely not fine.	Felt pressure to "do it all."
Counted down the hours until duty rotation ends.	Slept less than 6 hours because of duty homework.	Procrastinated on classwork due to stress.	Attended a program you didn't have energy for.	Said yes to extra tasks when you should've said no.
Skipped the gym because you were exhausted.	Thought about stepping down.	FREE	Canceled plans because of RA responsibilities.	Felt anxiety because of school and extra curricular activities.
Felt guilty for needing a break.	Set a boundary around availability.	Felt like you're underperforming academically.	Dreamed about writing an incident report.	Got frustrated but had to stay neutral
Drank more caffeine than water.	Checked your email before getting out of bed.	Responded to a GroupMe in the middle of doing something.	Took a true day off	Covered someone else's shift when you didn't want to.

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