

DEPRESSION BINGO

regularly loss in thought	always feeling tired/insomnia	doing nothing/procrastinating/us less things for hours	memory problems	hugging blankets and/or stuffed animals for comfort
crying over little things or nothing	reckless behavior	indecisiveness	antidepressants don't work	isolating self
nervous around others/anxiety	self harm	soulless staring at the wall	body aches	florescent or LED lights hurts your eyes due to brightness
forgetting basic needs	mood swings/heavy sighing	getting out of bed is difficult	extreme numbness	ignoring texts
eating too much or not enough	considering starting over completely	irritability	sleeping too long or not getting enough	dirty hair

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