

Self Care Bingo

Yell at the friend who asks how you're feeling	8 hours of HGTV	Glass of wine	Too much chocolate	Rage cry
Eat the fridge	Write-your-own	Scream at the world	Another glass of wine	Throw rocks
Worse curse words	Yell at the friend who doesn't ask how you're feeling	FREE	Curse words	Make an enemy
Pity party	Wallow in negative thoughts	Punch the wall	Imagine the worst	Scream at the enemy
Google lung cancer	Document your victimhood	Stink walk (walk off anger)	Yell at the moon	Get into pointless fight on social media

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Yell at the friend who doesn't ask how you're feeling	Another glass of wine	Too much chocolate	Eat the fridge	Scream at the world
Glass of wine	Yell at the moon	Rage cry	Document your victimhood	Throw rocks
Pity party	Curse words	FREE	Make an enemy	8 hours of HGTV
Imagine the worst	Stink walk (walk off anger)	Yell at the friend who asks how you're feeling	Get into pointless fight on social media	Wallow in negative thoughts
Punch the wall	Scream at the enemy	Worse curse words	Write-your-own	Google lung cancer

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Document your victimhood	Stink walk (walk off anger)	Another glass of wine	Scream at the enemy	Curse words
Yell at the friend who asks how you're feeling	Pity party	Punch the wall	Write-your-own	Rage cry
Worse curse words	Get into pointless fight on social media	FREE	Wallow in negative thoughts	Imagine the worst
Yell at the friend who doesn't ask how you're feeling	Throw rocks	Too much chocolate	Yell at the moon	Glass of wine
Make an enemy	8 hours of HGTV	Scream at the world	Eat the fridge	Google lung cancer