Self Care Bingo

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

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Self Care Bingo

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

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Self Care Bingo

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

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