

B	I	N	G	O
"I'll do it later" but probably not	always wanting to nap never having time	constant headaches	my skin is disgusting	feeling super guilty all the time
can't respond emotionally	sensory overload	getting upset over nothing	anxiety but I'm too depressed to care	overwhelmed but too depressed to do anything
"I'm going to fail this"	brain is always off	FREE	eating my feelings	everyone probably hates me
not eating all day	feeling like garbage for no reason	laying in bed for hours doing nothing	constantly homesick	forgetting important tasks
can't fall asleep	not answering messages for hours/days	complete numbness	"maybe I'm just getting sick"	complete panic

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eating my feelings	always wanting to nap never having time	FREE	constantly homesick	laying in bed for hours doing nothing
complete panic	"I'll do it later" but probably not	complete numbness	not eating all day	can't fall asleep
feeling super guilty all the time	constantly nauseous	overwhelmed but too depressed to do anything	getting upset over nothing	sensory overload

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not answering messages for hours/days	overwhelmed but too depressed to do anything	"maybe I'm just getting sick"	feeling like garbage for no reason	brain is always off
laying in bed for hours doing nothing	anxiety but I'm too depressed to care	FREE	eating my feelings	constant headaches
constantly nauseous	feeling super guilty all the time	can't fall asleep	always wanting to nap never having time	"I'll do it later" but probably not
sensory overload	getting upset over nothing	everyone probably hates me	forgetting important tasks	complete numbness