

# Mental health Bingo

you get little sleep	you isolate yourself from things	Overwhelmed	Shaking when your scared	Stressed out easily
you hide your feelings	Cut yourself (Do/used to)	Sleep to avoid life	Bad @ expressing your feelings	Think you make things about yourself even tho you don't
Insecure	Don't involve yourself a lot	Depressed	Depressing Playlist	Don't eat a lot
Eats too much	Easily angered	feel empty	feel lonely	Don't wanna live but wanna live for certain people