

Self-Care Bingo

B I N G O

TRY SOMETHING NEW	WRITE IN A JOURNAL	HAVE SOME MOMENTS TO YOURSELF	LISTEN TO RELAXING MUSIC	GET SOME SUNSHINE
STRETCH	TALK TO SOMEONE ON THE PHONE	DRINK WATER	GOT ENOUGH SLEEP	WATCH A MOVIE
DANCE	READ FOR FUN	<i>Free</i>	THINK ABOUT HAPPY MEMORIES	WASH YOUR BEDDING
MAKE A GRATITUDE LIST	BREATHE DEEPLY FOR 1 MINUTE	COMPLETE SOMETHING ON YOUR TO DO LIST	EAT SOMETHING DELICIOUS	A WARM BATH OR SHOWER
HELP SOMEONE	COMPLIMENT A FAMILY MEMBER OR YOURSELF	COOK	LOOK AT OLD FAMILY PHOTOS	EXERCISE