SELF-CARE BINGO



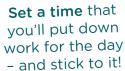
Make a short

playlist of songs

(or sounds) that
bring you calm
or happiness.



Cook using
a healthy recipe
you've never
tried before.





Wake up 30 min. earlier than usual to slow down & enjoy the little things about your morning.



Get outside
in any way you
are able; sit on
a porch space or
go on a walk.



Write a letter (or a text) to someone you care about.



Surprise someone with a gift for no occassion! Has a part of your body been feeling tense or tight?
Take 10 min.
to listen to your body and stretch it out.

Play a fun game that you enjoy.



Put your phone

Put your phone away for the night 1h before bed one night. On your next
walk, look out for
beautiful
flowers to smell.
Work on your
deep breathing!

Choose a
weekend day to
not set an alarm
and let your
body tell you
how much sleep
it needs.

Take a shower or bath and truly relax in the warmth like you're at a spa!



FREE SPACE

because you are always worthy and deserving, regardless of what you do or do not do. Go out of your way to drink extra water for a day.



Write a journal entry about your feelings.
If you'd like, continue the journal daily or weekly.

Floss! Your gums will thank you!



What do you really **need to hear** right now?

Tell yourself in the mirror.

Take a day
to acknowledge
and give thanks
to the little
things someone
does for you.



Remind someone of how much you love them.

Take a break from social media – for a day, a week, or longer.



call
a family member
or a loved one
who could use
a friendly voice.

Take a beautiful photo of something that brings you joy during this time.

