

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.

Set a time that you'll put down work for the day - and stick to it!



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.

Eat your favorite **"guilty pleasure" food**, but minus the guilt!



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



Surprise someone with a gift for no occasion!

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 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.

