



# Self-Care Bingo

TOOK A SHOWER	GOT DRESSED	CAUGHT UP WITH FRIENDS	PROCESSED MY FEELINGS	COMPLIMENTED MYSELF
MEDITATED	ATE HEALTHY MEAL	LISTENED TO MY BODY	PICKED UP A NEW HOBBY	ASKED FOR HELP
TRIED A NEW RECIPE	DRANK WATER	<i>Free</i>	HAD A SOCIAL MEDIA BREAK	ENJOYED A GOOD BOOK
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	TAMED NEGATIVE THOUGHTS	HUGGED A LOVED ONE	DROPPED A HABIT THAT IS NOT FOR ME
TOOK A MENTAL HEALTH DAY	WENT FOR A WALK	DECLUTTERED MY SPACE	WROTE DOWN IN MY JOURNAL	PRACTICED SELF - COMPASSION

*“You cannot breathe life into someone refusing to inhale.”*

