

Self Care Bingo

Use a stress ball	Arts and Crafts	Listen to music	Take a time out	Sew or crochet
Exercise	Try something new	Start a hobby or project	Cooking	Think about happy memories
Use positive self-talk	Dance	FREE	Play with a pet	Pray or meditate
Talk to a friend	Read	Take a shower	Muscle relaxation	Spend time outdoors
Deep breathing	Take a walk	Go outside	Write in a journal	Let yourself cry

Self Care Bingo

Use positive self-talk	Write in a journal	Cooking	Read	Exercise
Take a time out	Pray or meditate	Listen to music	Spend time outdoors	Dance
Play with a pet	Arts and Crafts	FREE	Muscle relaxation	Take a shower
Let yourself cry	Use a stress ball	Go outside	Talk to a friend	Deep breathing
Sew or crochet	Play cards	Think about happy memories	Start a hobby or project	Try something new

Self Care Bingo

Talk to a friend	Muscle relaxation	Use positive self-talk	Let yourself cry	Take a time out
Take a walk	Think about happy memories	Write in a journal	Read	Dance
Take a shower	Cooking	FREE	Play with a pet	Listen to music
Play cards	Sew or crochet	Deep breathing	Arts and Crafts	Use a stress ball
Try something new	Start a hobby or project	Pray or meditate	Spend time outdoors	Go outside