Self-Care Bingo

Try something new	Appreciate small steps towards goals	Get a massage	Take a 10 min exercise break	Play a game
Enjoy nature for 20 min	Try a new recipe	Spend time with family	Create something	Spend time with pet(s)
Take time out from tech	Watch a movie	**FREE**	Dance in your living room	Listen to relaxing music
Make time for hobby	Take a bath	Meditate for 10 minutes	Go for a walk	Read a book
Get a pedicure	Deep breathing for 1 min	Spend time with friend(s)	Write in a journal	Get a manicure

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Self-Care Bingo

Watch a movie	Create something	Take a 10 min exercise break	Enjoy nature for 20 min	Spend time with family
Get a massage	Write in a journal	Play a game	Deep breathing for 1 min	Spend time with pet(s)
Make time for hobby	Dance in your living room	**FREE**	Listen to relaxing music	Appreciate small steps towards goals
Go for a walk	Spend time with friend(s)	Try something new	Get a manicure	Take a bath
Meditate for 10 minutes	Read a book	Take time out from tech	Try a new recipe	Get a pedicure

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Self-Care Bingo

Deep breathing for 1 min	Spend time with friend(s)	Create something	Read a book	Dance in your living room
Try something new	Make time for hobby	Meditate for 10 minutes	Try a new recipe	Play a game
Take time out from tech	Get a manicure	**FREE**	Take a bath	Go for a walk
Watch a movie	Spend time with pet(s)	Take a 10 min exercise break	Write in a journal	Get a massage
Listen to relaxing music	Appreciate small steps towards goals	Spend time with family	Enjoy nature for 20 min	Get a pedicure

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