

# Self-Care Bingo

|                          |                                      |                       |                           |                         |
|--------------------------|--------------------------------------|-----------------------|---------------------------|-------------------------|
| Try something new        | Appreciate small steps towards goals | Get a manicure        | Spend time with friend(s) | Make time for hobby     |
| Enjoy nature for 20 min  | Try a new recipe                     | Play a game           | Create something          | Spend time with family  |
| Take a bath              | Watch a TED talk                     | <b>FREE</b>           | Dance in your living room | Jump in a puddle        |
| Listen to relaxing music | Take a 10 min exercise break         | Lunch with a coworker | Get a pedicure            | Meditate for 10 minutes |
| Get a massage            | Deep breathing for 1 min             | Read a book           | Watch a movie             | Get 7 hours of sleep    |

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|                          |                           |                           |                          |                                      |
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| Get a manicure           | Watch a movie             | Make time for hobby       | Deep breathing for 1 min | Spend time with family               |
| Listen to relaxing music | Dance in your living room | <b>FREE</b>               | Jump in a puddle         | Appreciate small steps towards goals |
| Get a pedicure           | Read a book               | Try something new         | Get 7 hours of sleep     | Take a 10 min exercise break         |
| Lunch with a coworker    | Meditate for 10 minutes   | Take a bath               | Try a new recipe         | Get a massage                        |

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| Try something new        | Listen to relaxing music             | Lunch with a coworker     | Try a new recipe             | Make time for hobby       |
| Take a bath              | Get 7 hours of sleep                 | <b>FREE</b>               | Take a 10 min exercise break | Get a pedicure            |
| Watch a TED talk         | Spend time with family               | Spend time with friend(s) | Watch a movie                | Get a manicure            |
| Jump in a puddle         | Appreciate small steps towards goals | Play a game               | Enjoy nature for 20 min      | Get a massage             |