

Self-Care Bingo

Take time out from tech	4-5-7 breathing	Go for a walk	Sing in the shower	Make time for hobby
Get a manicure	Take a bath	Play a game	Buy yourself a coffee	Take 5 minutes to yourself
Watch youtube	Create something	FREE	Paint your nails	Listen to a podcast
Enjoy nature for 20 min	Listen to happy music	Spend time with friend(s)	Make a favorite meal	Play with your inner child
Spend time with pet(s)	Jump in a puddle	Journal	Meditate for 5 minutes	Dance in your living room

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Paint your nails	Make time for hobby	Create something	Take 5 minutes to yourself	Dance in your living room
Spend time with friend(s)	Listen to a podcast	Listen to happy music	Take a bath	Buy yourself a coffee
Watch youtube	Sing in the shower	FREE	Meditate for 5 minutes	Get a manicure
Go for a walk	Play a game	Spend time with pet(s)	Enjoy nature for 20 min	Play with your inner child
4-5-7 breathing	Take time out from tech	Write a story	Get a massage	Journal

Self-Care Bingo

Paint your nails	Get a manicure	Play with your inner child	Get a massage	Buy yourself a coffee
4-5-7 breathing	Write a story	Go for a walk	Watch youtube	Enjoy nature for 20 min
Take a bath	Spend time with pet(s)	FREE	Make a favorite meal	Sing in the shower
Dance in your living room	Meditate for 5 minutes	Listen to happy music	Listen to a podcast	Create something
Take 5 minutes to yourself	Make time for hobby	Journal	Play a game	Take time out from tech