

Self-Care Bingo

go to the gym	Appreciate small steps towards goals	Listen to relaxing music	Try something new	Take a 10 min exercise break
Enjoy nature for 20 min	color	Take time out from tech	BREATHE	Try a new recipe
Watch a movie	stretch for 5 minutes	FREE	Dance in your living room	Spend time with family
Spend time with friend(s)	Watch a TED talk	Spend time with pet(s)	Meditate for 10 minutes	Take a bath
Make time for hobby	Deep breathing for 1 min	Time in nature	take a walk	Get a manicure

Self-Care Bingo

stretch for 5 minutes	BREATHE	Try something new	Enjoy nature for 20 min	Take time out from tech
Listen to relaxing music	take a walk	Take a 10 min exercise break	Deep breathing for 1 min	Try a new recipe
Spend time with friend(s)	Dance in your living room	FREE	Spend time with family	Appreciate small steps towards goals
Meditate for 10 minutes	Time in nature	go to the gym	Get a manicure	Watch a TED talk
Spend time with pet(s)	Take a bath	Watch a movie	color	Make time for hobby

Self-Care Bingo

Deep breathing for 1 min	Time in nature	BREATHE	Take a bath	Dance in your living room
go to the gym	Spend time with friend(s)	Spend time with pet(s)	color	Take a 10 min exercise break
Watch a movie	Get a manicure	FREE	Watch a TED talk	Meditate for 10 minutes
stretch for 5 minutes	Try a new recipe	Try something new	take a walk	Listen to relaxing music
Spend time with family	Appreciate small steps towards goals	Take time out from tech	Enjoy nature for 20 min	Make time for hobby