

Self-Care Bingo

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

Self-Care Bingo

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

Self-Care Bingo

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