

Self Care Bingo

Use positive self-talk	Arts and Crafts	Let yourself cry	Talk to a friend	Read
Exercise	Use a stress ball	Start a hobby or project	Cooking	Take a time out
Try something new	Write in a journal	FREE	Dance	Play with a pet
Pray or meditate	Think about happy memories	Punch a punching bag	Listen to music	Sew or crochet
Listen to a Friend	Deep breathing	Take a shower	Yoga	Go outside

Self Care Bingo

Write in a journal	Cooking	Talk to a friend	Exercise	Start a hobby or project
Let yourself cry	Yoga	Read	Deep breathing	Take a time out
Pray or meditate	Dance	FREE	Play with a pet	Arts and Crafts
Listen to music	Take a shower	Use positive self-talk	Go outside	Think about happy memories
Punch a punching bag	Sew or crochet	Try something new	Use a stress ball	Listen to a Friend

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Deep breathing	Take a shower	Cooking	Sew or crochet	Dance
Use positive self-talk	Pray or meditate	Punch a punching bag	Use a stress ball	Read
Try something new	Go outside	FREE	Think about happy memories	Listen to music
Write in a journal	Take a time out	Talk to a friend	Yoga	Let yourself cry
Play with a pet	Arts and Crafts	Start a hobby or project	Exercise	Listen to a Friend