

B	I	N	G	O
TRY SOMETHING NEW	BINGE WATCH TV	GET A BABYSITTER FOR THE KIDS	TAKE A 10 MIN BREAK	JOIN AN ONLINE SUPPORT GROUP
DO YOGA	TO TO BED EARLY	READ A BOOK	BREATH	TAKE TIME TO WATCH THE SUN RISE OR SET
VOLUNTEER	CALL A FRIEND	REMINDERS FOR SELF CARE!	MEDITATE	GO FOR A WALK
DO SOMETHING CREATIVE	HAVE COFFEE WITH A FRIEND	TAKE A BATH OR SHOWER	HUG A FAMILY MEMBER	START A HOBBY
TAKE A NAP	GO DANCING	GET A RELAXING MASSAGE	LISTEN TO MUSIC	DO A PUZZLE

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MEDITATE	JOIN AN ONLINE SUPPORT GROUP	CALL A FRIEND	TAKE TIME TO WATCH THE SUN RISE OR SET	DO A PUZZLE
TAKE A BATH OR SHOWER	GO FOR A WALK	HAVE COFFEE WITH A FRIEND	TO TO BED EARLY	BREATH
VOLUNTEER	TAKE A 10 MIN BREAK	REMINDERS FOR SELF CARE!	LISTEN TO MUSIC	DO YOGA
GET A BABYSITTER FOR THE KIDS	READ A BOOK	TAKE A NAP	DO SOMETHING CREATIVE	START A HOBBY
BINGE WATCH TV	TRY SOMETHING NEW	WORKOUT	ENJOY YOUR FAVORITE FOOD	GET A RELAXING MASSAGE

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MEDITATE	DO YOGA	START A HOBBY	ENJOY YOUR FAVORITE FOOD	BREATH
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TO TO BED EARLY	TAKE A NAP	REMINDERS FOR SELF CARE!	HUG A FAMILY MEMBER	TAKE A 10 MIN BREAK
DO A PUZZLE	LISTEN TO MUSIC	HAVE COFFEE WITH A FRIEND	GO FOR A WALK	CALL A FRIEND
TAKE TIME TO WATCH THE SUN RISE OR SET	JOIN AN ONLINE SUPPORT GROUP	GET A RELAXING MASSAGE	READ A BOOK	TRY SOMETHING NEW