Self Care Bingo

Use positive self-talk	Arts and Crafts	Listen to music	Talk to a friend	Punch a punching bag
Garden	Use a stress ball	Start a hobby or project	Cooking	Take a time out
Try something new	Dance	**FREE**	Sew or crochet	Play cards
Play with a pet	Therapy	Pray	Take a shower	Think about happy memories
Muscle relaxation	Meditate	Read	Deep breathing	Excerise

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Self Care Bingo

Sew or crochet	Punch a punching bag	Dance	Try something new	Deep breathing
Talk to a friend	Play cards	Play with a pet	Use a stress ball	Cooking
Write in a journal	Read	**FREE**	Garden	Listen to music
Take a shower	Take a time out	Start a hobby or project	Therapy	Excerise
Arts and Crafts	Use positive self-talk	shower	Let yourself cry	Meditate

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Self Care Bingo

Sew or crochet	Garden	Take a shower	Let yourself cry	Cooking
Arts and Crafts	shower	Write in a journal	Excerise	Use a stress ball
Go outside	Therapy	**FREE**	Pray	Take a time out
Read	Play with a pet	Play cards	Dance	Think about happy memories
Deep breathing	Try something new	Punch a punching bag	Listen to music	Start a hobby or project

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