

Self-Care Bingo

Used a coping skill	Appreciate small steps towards goals	Apologized	Get a massage	Spend time with family
Nourished my body	Enjoy nature for 20 min	Try a new recipe	Read a book	Brushed my teeth
Take time out from tech	Volunteered	FREE	Create something	Read a book
Laughed	Listened to relaxing music	Spent time with friends	Meditate for 10 minutes	Set boundaries
Take a bath	Shared something I admired in others	Had fun	Listen to relaxing music	Got out my pajamas

Self-Care Bingo

Played with a pet	Listened to relaxing music	Get a pedicure	Cried & Cried	Decluttered
Processed my feelings	Nourished my body	Meditated	Combed my hair	Take time out from tech
Dance in your living room	Spend time with friend(s)	FREE	Laughed	Listen to relaxing music
Try a new recipe	Volunteered	Tried something new	Brushed my teeth	Read a book
Spend time with family	Play a game	Create something	Enjoyed nature for 20 minutes	Get a massage

Self-Care Bingo

Take time out from tech	Said something positive about myself	Watch a TED talk	Spend time with pet(s)	Shared something I admired in others
Read a book	Spent time with friends	Cried & Cried	Deep breathing for 1 min	Nourished my body
Enjoy nature for 20 min	Set boundaries	FREE	Played with a pet	Appreciate small steps towards goals
Laughed	Apologized	Meditated	Processed my feelings	Used a coping skill
Dance in your living room	Went for a walk	Watch a movie	Enjoyed nature for 20 minutes	Create something