

LOVE YOURSELF BINGO

Excerise	Go outside	Play with a pet	Take a shower	Write in a journal
Dance	Play cards	Read	Start a hobby or project	Try something new
Arts and Crafts	Muscle relaxation	I LOVE YOU, SELF!	Think about happy memories	Taking your meds
Deep breathing	Listen to music	Sew or crochet	Take a time out	Use positive self-talk
Cooking	Let yourself cry	Punch a punching bag	Talk to a friend	Use a stress ball

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