

LOVE YOURSELF BINGO

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

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