LOVE YOURSELF BINGO

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

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LOVE YOURSELF BINGO

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

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LOVE YOURSELF BINGO

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