

Self Care Bingo

Use a stress ball	Arts and Crafts	Go outside	Take a time out	Play with a pet
Drink water	Try something new	Stretch	Ask for help	Think about happy memories
Use positive self-talk	Cooking	FREE	Start a hobby or project	Listen to music
Deep breathing	Meditate	Take a walk	Muscle relaxation	Take a shower
Talk to a friend	Let yourself cry	Hug a loved one	Read	Dance

Self Care Bingo

Start a hobby or project	Play with a pet	Cooking	Think about happy memories	Dance
Take a walk	Listen to music	Meditate	Try something new	Ask for help
Use positive self-talk	Take a time out	FREE	Read	Drink water
Go outside	Stretch	Talk to a friend	Deep breathing	Take a shower
Arts and Crafts	Use a stress ball	Write in a journal	Exercise	Hug a loved one

Self Care Bingo

Start a hobby or project	Drink water	Take a shower	Exercise	Ask for help
Arts and Crafts	Write in a journal	Go outside	Use positive self-talk	Deep breathing
Try something new	Talk to a friend	FREE	Muscle relaxation	Take a time out
Dance	Read	Meditate	Listen to music	Cooking
Think about happy memories	Play with a pet	Hug a loved one	Stretch	Use a stress ball