Take Care Of Yourself Bingo

Take A Nap	Appreciate What You Have (not focusing on what you don't have)	Feel Your Feelings (& express them in healthy ways)	Recognize When You Need Help And Ask For It	Lay Out Reasonable Goals & Points For The Day
Do Something Fun & Creative	Stop And Breathe Deeply	Listen To Your Intuition (It has very good advice.)	Be Assertive	Move Your Body (Stretch; strengthen & get your heart pumping.)
Say "Yes": List what you want and go for it.	Take Quiet Time To Reflect & Contemplate	Hug Or Snuggle!	Be Realistic (Accept your basic personality; utilize your strengths and accept your weaknesses.)	Go Outside For A Few Minutes
Connect With Your Spiritual Self	Keep A Hopeful & Positive Attitude	Reduce Guilt (Be clear on what you can and cannot control & move on.)	Laugh	Say "No": You're no good to anyone if you are exhausted; resentful and overstretched.
Find Something About Yourself You Love	Listen To Music	Find Something About Yourself You Are Proud Of	Communicate Openly and Honestly	Live In The Present (not dwelling on the past or worrying about the future)

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Take Quiet Time To Reflect & Contemplate	Reduce Guilt (Be clear on what you can and cannot control & move on.)	Move Your Body (Stretch; strengthen & get your heart pumping.)	Live In The Present (not dwelling on the past or worrying about the future)	Say "No": You're no good to anyone if you are exhausted; resentful and overstretched.
Be Realistic (Accept your basic personality; utilize your strengths and accept your weaknesses.)	Connect With Your Spiritual Self	Lay Out Reasonable Goals & Points For The Day	Do Something Fun & Creative	Listen To Music
Be Assertive	Give Yourself A Genuine Compliment	Hug Or Snuggle!	Appreciate What You Have (not focusing on what you don't have)	Laugh
Take A Nap	Communicate Openly and Honestly	Try Something New	Recognize When You Need Help And Ask For It	Listen To Your Intuition (It has very good advice.)
Feel Your Feelings (& express them in healthy ways)	Go Outside For A Few Minutes	Keep A Hopeful & Positive Attitude	Find Something About Yourself You Love	Stop And Breathe Deeply

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Do Something Fun & Creative	Say "No": You're no good to anyone if you are exhausted; resentful and overstretched.	Keep A Hopeful & Positive Attitude	Recognize When You Need Help And Ask For It	Appreciate What You Have (not focusing on what you don't have)
Take Quiet Time To Reflect & Contemplate	Move Your Body (Stretch; strengthen & get your heart pumping.)	Feel Your Feelings (& express them in healthy ways)	Connect With Your Spiritual Self	Listen To Music
Go Outside For A Few Minutes	Give Yourself A Genuine Compliment	Hug Or Snuggle!	Be Realistic (Accept your basic personality; utilize your strengths and accept your weaknesses.)	Be Assertive
Communicate Openly and Honestly	Say "Yes": List what you want and go for it.	Lay Out Reasonable Goals & Points For The Day	Find Something About Yourself You Are Proud Of	Live In The Present (not dwelling on the past or worrying about the future)
Stop And Breathe Deeply	Take A Nap	Laugh	Find Something About Yourself You Love	Enjoy Simple Everyday Pleasures

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