# Self-Care Bingo

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|---|---|---|---|---|
| Take A Nap | Appreciate What You Have (not focusing on what you don't) | 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 SNUGLE!* | Be Realistic (Accept your basic personality; utilize your strengths & 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're exhausted; resentful & 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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| Be Realistic (Accept your basic personality; utilize your strengths & 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 SNUGLE!* | Appreciate What You Have (not focusing on what you don't) | 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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| Stop And Breathe Deeply | Take A Nap | Laugh | Find Something About Yourself You Love | Enjoy Simple Everyday Pleasures |



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