

Self Care Bingo

Use positive self-talk	Apply a facemask	Go outside	Talk to a friend	Sing with passion
Deep breathing	Use a stress ball	Start a skincare routine Watch a TED talk	Cooking	Take time out from tech
Try something new	Write in a journal	FREE	Dance a silly dance	Play a game
Punch a punching bag	Think about happy memories	Read	Muscle relaxation	Start a hobby or project
Listen to music	Dance in the rain	Take a bath	meditate for 10 minutes	Excerise

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Write in a journal	Cooking	Talk to a friend	Deep breathing	Start a skincare routine Watch a TED talk
Go outside	meditate for 10 minutes	Sing with passion	Dance in the rain	Take time out from tech
Punch a punching bag	Dance a silly dance	FREE	Play a game	Apply a facemask
Muscle relaxation	Take a bath	Use positive self-talk	Exercise	Think about happy memories
Read	Start a hobby or project	Try something new	Use a stress ball	Listen to music

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Dance in the rain	Take a bath	Cooking	Start a hobby or project	Dance a silly dance
Use positive self-talk	Punch a punching bag	Read	Use a stress ball	Sing with passion
Try something new	Exercise	FREE	Think about happy memories	Muscle relaxation
Write in a journal	Take time out from tech	Talk to a friend	meditate for 10 minutes	Go outside
Play a game	Apply a facemask	Start a skincare routine Watch a TED talk	Deep breathing	Listen to music