

Self Care Bingo

Use positive self-talk	Arts and Crafts	Let yourself cry	Take a time out	Read
Exercise	Use a stress ball	Start a hobby or project	Cooking	Try something new
Write in a journal	Dance	FREE	Play cards	Play with a pet
Think about happy memories	Pray or meditate	Take a shower	Listen to music	Sew or crochet
Deep breathing	Talk to a friend	Go outside	Write-your-own	Help someone else dealing with this

Self Care Bingo

Write in a journal	Write-your-own	Cooking	Pray or meditate	Exercise
Take a time out	Play with a pet	Let yourself cry	Sew or crochet	Dance
Play cards	Arts and Crafts	FREE	Listen to music	Take a shower
Help someone else dealing with this	Use positive self-talk	Go outside	Think about happy memories	Deep breathing
Read	Muscle relaxation	Try something new	Start a hobby or project	Use a stress ball

Self Care Bingo

Think about happy memories	Listen to music	Write in a journal	Help someone else dealing with this	Take a time out
Talk to a friend	Try something new	Write-your-own	Pray or meditate	Dance
Take a shower	Cooking	FREE	Play cards	Let yourself cry
Muscle relaxation	Read	Deep breathing	Arts and Crafts	Use positive self-talk
Use a stress ball	Start a hobby or project	Play with a pet	Sew or crochet	Go outside