

Self Care Bingo

Use positive self-talk	Arts and Crafts	Help someone else dealing with this	Take a shower	Pray or meditate
Deep breathing	Use a stress ball	Sew or crochet	Call a friend	Try something new
Write in a journal	Cooking	FREE	Listen to music	Muscle relaxation
Think about happy memories	Play with a pet	Start a hobby or project	Just sit and do nothing!	Read
Dance	Talk to the moon	Exercise	Write-your-own	Go outside

Self Care Bingo

Write in a journal	Write-your-own	Call a friend	Play with a pet	Deep breathing
Take a shower	Muscle relaxation	Help someone else dealing with this	Read	Cooking
Listen to music	Arts and Crafts	FREE	Just sit and do nothing!	Start a hobby or project
Go outside	Use positive self-talk	Exercise	Think about happy memories	Dance
Pray or meditate	Let yourself cry	Try something new	Sew or crochet	Use a stress ball

Self Care Bingo

Think about happy memories	Just sit and do nothing!	Write in a journal	Go outside	Take a shower
Talk to the moon	Try something new	Write-your-own	Play with a pet	Cooking
Start a hobby or project	Call a friend	FREE	Listen to music	Help someone else dealing with this
Let yourself cry	Pray or meditate	Dance	Arts and Crafts	Use positive self-talk
Use a stress ball	Sew or crochet	Muscle relaxation	Read	Exercise