

B	I	N	G	O
Write Encouraging affirmations to look at everyday	"unplug" from electronics	Drink lots of water	Take a shower/bath	Practice Self Compassion
Be responsible for your actions	Try Something new	Read/Write poetry	Accept yourself	Take a nap
Think about happy memories	Write in a journal	FREE	Allow yourself to feel & express your feelings	Let yourself cry
Listen to music	Talk to a friend	Listen to your body	Go outside	Read a book
Exercise	Allow yourself to make mistakes	Say Yes to yourself	watch a movie	Dance

B	I	N	G	O
Write in a journal	Accept yourself	Take a shower/bath	Be responsible for your actions	Read/Write poetry
Drink lots of water	watch a movie	Practice Self Compassion	Allow yourself to make mistakes	Take a nap
Listen to music	Allow yourself to feel & express your feelings	FREE	Let yourself cry	"unplug" from electronics
Go outside	Say Yes to yourself	Write Encouraging affirmations to look at everyday	Dance	Talk to a friend
Listen to your body	Read a book	Think about happy memories	Try Something new	Exercise

B	I	N	G	O
Allow yourself to make mistakes	Say Yes to yourself	Accept yourself	Read a book	Allow yourself to feel & express your feelings
Write Encouraging affirmations to look at everyday	Listen to music	Listen to your body	Try Something new	Practice Self Compassion
Think about happy memories	Dance	FREE	Talk to a friend	Go outside
Write in a journal	Take a nap	Take a shower/bath	watch a movie	Drink lots of water
Let yourself cry	"unplug" from electronics	Read/Write poetry	Be responsible for your actions	Exercise