

Self Care Bingo

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

Self Care Bingo

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

Self Care Bingo

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