

Self Care Bingo

Try something new	Arts/Crafts	Deep breathing	Read a book	Let yourself cry
Cook/bake	Start a hobby or project	Mindfulness	Call a friend	Play with a pet
Sleep	Use positive self-talk	listen to happy tunes	Call a friend	Exercise
Go for a walk	Relax	Join a group	Eat something healthy	Meditate
Drink water	Compliment yourself	Play cards	Write in a journal	Dance

Self Care Bingo

Use positive self-talk	Call a friend	Read a book	Cook/bake	Mindfulness
Deep breathing	Write in a journal	Let yourself cry	Compliment yourself	Play with a pet
Go for a walk	Call a friend	listen to happy tunes	Exercise	Arts/Crafts
Eat something healthy	Play cards	Try something new	Dance	Relax
Join a group	Meditate	Sleep	Start a hobby or project	Drink water

Self Care Bingo

Compliment yourself	Play cards	Call a friend	Meditate	Call a friend
Try something new	Go for a walk	Join a group	Start a hobby or project	Let yourself cry
Sleep	Dance	listen to happy tunes	Relax	Eat something healthy
Use positive self-talk	Play with a pet	Read a book	Write in a journal	Deep breathing
Exercise	Arts/Crafts	Mindfulness	Cook/bake	Drink water