

# Self Care Bingo

|                                |                          |                            |                           |                              |
|--------------------------------|--------------------------|----------------------------|---------------------------|------------------------------|
| Use a stress ball              | Arts and Crafts          | Muscle relaxation          | Talk to a friend          | Read                         |
| Go outside                     | Try something new        | Start a hobby or project   | Cooking                   | Take a time out              |
| Traveled somewhere fascinating | Use positive self-talk   | <b>FREE</b>                | Dance                     | Punch a punching bag         |
| Exercise                       | Quality time with family | Think about happy memories | Quality time with friends | Traveled somewhere beautiful |
| Play with a pet                | Sew knit or crochet      | Play cards                 | Deep breathing            | Take a shower                |

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|                        |                            |                          |                  |                              |
|------------------------|----------------------------|--------------------------|------------------|------------------------------|
| Use positive self-talk | Think about happy memories | Take a time out          | Take a shower    | Traveled somewhere beautiful |
| Dance                  | Exercise                   | Read                     | Go outside       | Sew knit or crochet          |
| Cooking                | Pray or meditate           | <b>FREE</b>              | Arts and Crafts  | Quality time with friends    |
| Use a stress ball      | Deep breathing             | Write in a journal       | Talk to a friend | Start a hobby or project     |
| Muscle relaxation      | Punch a punching bag       | Quality time with family | Play with a pet  | Try something new            |

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|                        |                                |                           |                  |                     |
|------------------------|--------------------------------|---------------------------|------------------|---------------------|
| Go outside             | Traveled somewhere beautiful   | Quality time with family  | Talk to a friend | Arts and Crafts     |
| Use positive self-talk | Take a time out                | Muscle relaxation         | Exercise         | Sew knit or crochet |
| Punch a punching bag   | Pray or meditate               | <b>FREE</b>               | Dance            | Cooking             |
| Deep breathing         | Traveled somewhere fascinating | Read                      | Play cards       | Take a shower       |
| Try something new      | Use a stress ball              | Quality time with friends | Play with a pet  | Listen to music     |