

Self Care Bingo

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

Self Care Bingo

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

Self Care Bingo

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