

Self Care Bingo

Use a stress ball	?	Dance	Take a Bath	Muscle relaxation
Arts and Crafts	Turn off computer	Play with a pet	?	Take a 15 minute break
Think about happy memories	Use positive self-talk	FREE	?	Let yourself cry
Lift Weights	Talk to a friend	Listen to music	Go for a walk	Play cards
Do Yoga	?	Pray or meditate	Write in a journal	Cooking

Self Care Bingo

Use positive self-talk	?	Take a Bath	Arts and Crafts	Play with a pet
Dance	Write in a journal	Muscle relaxation	?	Take a 15 minute break
Lift Weights	?	FREE	Let yourself cry	?
Go for a walk	Pray or meditate	Use a stress ball	Cooking	Talk to a friend
Listen to music	Play cards	Think about happy memories	Turn off computer	Do Yoga

Self Care Bingo

?	Pray or meditate	?	Play cards	?
Use a stress ball	Lift Weights	Listen to music	Turn off computer	Muscle relaxation
Think about happy memories	Cooking	FREE	Talk to a friend	Go for a walk
Use positive self-talk	Take a 15 minute break	Take a Bath	Write in a journal	Dance
Let yourself cry	?	Play with a pet	Arts and Crafts	Do Yoga