

#Selfish Challenge Bingo

Use positive self-talk	Arts and Crafts	Muscle relaxation	Talk to a friend	Sew or crochet
Go outside	Use a stress ball	Take a shower/bath	Dance	Try something new
Watch a movie	Deep breathing	Go To Zumba Class	Pray or meditate	Punch a punching bag
Think about happy memories	Read	Take a time out	Play cards	Start a hobby or project
Exercise	Talk to a therapist	Let yourself cry	Write in a journal	Listen to music

#Selfish Challenge Bingo

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

#Selfish Challenge Bingo

Think about happy memories	Play cards	Watch a movie	Listen to music	Talk to a friend
Talk to a therapist	Try something new	Write in a journal	Read	Deep breathing
Take a time out	Dance	Go To Zumba Class	Pray or meditate	Muscle relaxation
Play with a pet	Sew or crochet	Exercise	Arts and Crafts	Use positive self-talk
Use a stress ball	Take a shower/bath	Punch a punching bag	Start a hobby or project	Let yourself cry