Self Care Bingo

Use a stress ball	Arts and Crafts	Exercise	Take a shower	Pray or meditate
Do something to laugh	Try something new	Sew or crochet	Clean	Take a break from your phone
Think about happy memories	Cooking healthy foods	**FREE**	Read	Listen to music
Muscle relaxation	Take a time out	Play with a pet	Start a hobby or project	Talk to a friend
Let yourself cry	Go outside	Punch a punching bag	Deep breathing	Do an at-home facial

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Self Care Bingo

Read	Pray or meditate	Cooking healthy foods	Think about happy memories	Deep breathing
Take a shower	Listen to music	Muscle relaxation	Try something new	Clean
Use positive self-talk	Punch a punching bag	**FREE**	Do something to laugh	Exercise
Start a hobby or project	Take a break from your phone	Sew or crochet	Take a time out	Do an at-home facial
Arts and Crafts	Use a stress ball	Write in a journal	Do your nails	Go outside

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Self Care Bingo

Read	Do something to laugh	Start a hobby or project	Do your nails	Clean
Arts and Crafts	Write in a journal	Use positive self-talk	Do an at-home facial	Try something new
Do your laundry	Take a time out	**FREE**	Play with a pet	Take a break from your phone
Punch a punching bag	Muscle relaxation	Listen to music	Cooking healthy foods	Talk to a friend
Deep breathing	Think about happy memories	Pray or meditate	Exercise	Sew or crochet

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