Self Care Bingo

took meds as prescribed	Deep breathing	Used a stress ball	moved my body	challenged negative thoughts
Took a time out	slept 7-9 hrs	let myself cry	Let yourself cry	moved my
skipped a cigarette	used a coping skill	**FREE**	Pray or meditate	ate healthy
Took a shower	attended groups	practiced being mindful	brushed teeth	practiced self compassion
Wrote in a journal	got dressed	Used positive self-talk	Talked to a friend	listened to my body

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Self Care Bingo

used a coping skill	practiced being mindful	moved my	listened to my body	practiced self compassion
Pray or meditate	Took a shower	challenged negative thoughts	Took a time out	got dressed
Let yourself cry	asked for help	**FREE**	Deep breathing	brushed teeth
took meds as prescribed	Talked to a friend	went outside	moved my body	let myself cry
Used a stress ball	ate healthy	attended groups	Wrote in a journal	slept 7-9 hrs

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Self Care Bingo

Took a time out	practiced self compassion	attended groups	moved my body	Deep breathing
used a coping skill	moved my	Used a stress ball	Took a shower	got dressed
ate healthy	asked for help	**FREE**	Pray or meditate	Let yourself cry
Talked to a friend	skipped a cigarette	challenged negative thoughts	Used positive self-talk	listened to my body
slept 7-9 hrs	took meds as prescribed	brushed teeth	Wrote in a journal	Tried something new

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