

Self Care Bingo

Write in a journal	Ate something delicious	Arts and Crafts	Pampered myself	Use positive self-talk
Take a time out	Left work at a reasonable time	Worked out 3x in one week	Took quiet time	Ate something good for me
Went for a walk	Write in your own self-care	FREE	Deep breathing	Took a nap
Spent time outside	Stretched	Was kind to myself	Take a shower	Use a stress ball
Was lazy	Read for fun	Start a hobby or project	Think about happy memories	Pray or meditate

Self Care Bingo

Enjoyed a beverage of choice	Exercise	Took a nap	Talk to a friend	Take a time out
Ate something good for me	Went for a walk	Vented to someone I trust	Spent time outside	Deep breathing
Start a hobby or project	Worked out 3x in one week	FREE	Write in your own self-care	Worked out
Ate something delicious	Use positive self-talk	Stretched	Let yourself cry	Pampered myself
Try something new	Took quiet time	Was lazy	Use a stress ball	Think about happy memories

Self Care Bingo

Think about happy memories	Ate something delicious	Spent time outside	Arts and Crafts	Take a time out
Left work at a reasonable time	Took a nap	Write in a journal	Enjoyed a beverage of choice	Write in your own self-care
Write in your own self-care	Let yourself cry	FREE	Ate something good for me	Vented to someone I trust
Took quiet time	Muscle relaxation	Write in your own self-care	Exercise	Use positive self-talk
Start a hobby or project	Pampered myself	Deep breathing	Stretched	Read for fun