

Self Care Bingo

Use positive self-talk	Arts and Crafts	Muscle relaxation	Take a time out	See a friend
Go outside	Use a stress ball	Start a hobby or project	Cooking	Try something new
Write in a journal	Dance	Let it all hang out	Pray or meditate	Punch a punching bag
Think about happy memories	Read	Take a shower	Play cards	Sew or crochet
Deep breathing	Talk to a friend	Let yourself cry	be yourself	Listen to music

Self Care Bingo

Write in a journal	be yourself	Cooking	Read	Go outside
Take a time out	Punch a punching bag	Muscle relaxation	Sew or crochet	Dance
Pray or meditate	Arts and Crafts	Let it all hang out	Play cards	Take a shower
Listen to music	Use positive self-talk	Let yourself cry	Think about happy memories	Deep breathing
See a friend	Play with a pet	Try something new	Start a hobby or project	Use a stress ball

Self Care Bingo

Think about happy memories	Play cards	Write in a journal	Listen to music	Take a time out
Talk to a friend	Try something new	be yourself	Read	Dance
Take a shower	Cooking	Let it all hang out	Pray or meditate	Muscle relaxation
Play with a pet	See a friend	Deep breathing	Arts and Crafts	Use positive self-talk
Use a stress ball	Start a hobby or project	Punch a punching bag	Sew or crochet	Let yourself cry