

Self-Care Bingo

Vented to someone I trust	Arts and Crafts	Listen to music	Think about happy memories	Sew or crochet
Go outside	Use positive self-talk	Take a shower	Dance	Talk to a friend
Use a stress ball	Write in a journal	FREE	Deep breathing	Play cards
Play with a pet	Try something new	Read	Muscle relaxation	Start a hobby or project
Meditate	Exercise	Take a time out	Wrote positive affirmations	Let yourself cry

Self-Care Bingo

Write in a journal	Dance	Think about happy memories	Go outside	Take a shower
Listen to music	Wrote positive affirmations	Sew or crochet	Exercise	Talk to a friend
Play with a pet	Deep breathing	FREE	Play cards	Arts and Crafts
Muscle relaxation	Take a time out	Vented to someone I trust	Let yourself cry	Try something new
Read	Start a hobby or project	Use a stress ball	Use positive self-talk	Meditate

Self-Care Bingo

Exercise	Take a time out	Dance	Start a hobby or project	Deep breathing
Vented to someone I trust	Play with a pet	Read	Use positive self-talk	Sew or crochet
Use a stress ball	Let yourself cry	FREE	Try something new	Muscle relaxation
Write in a journal	Talk to a friend	Think about happy memories	Wrote positive affirmations	Listen to music
Play cards	Arts and Crafts	Take a shower	Go outside	Meditate