Self Care Bingo

Use positive self-talk	Clean/organize	Have a bath	Take a shower	Meditate
Go for a walk	Try something new	Read	Cook or bake	Start a project
Talk to a friend	Write in a journal	**FREE**	Dance	Make a gratitude list
Manicure or Pedicure	Take a time out	Massage	Listen to music	Netflix and Chill
Let yourself cry	Deep breathing	Snuggle with a pet	Yoga	Go outside

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Self Care Bingo

Write in a journal	Cook or bake	Take a shower	Go for a walk	Read
Have a bath	Yoga	Meditate	Deep breathing	Start a project
Manicure or Pedicure	Dance	**FREE**	Make a gratitude list	Clean/organize
Listen to music	Snuggle with a pet	Use positive self-talk	Go outside	Take a time out
Massage	Netflix and Chill	Talk to a friend	Try something new	Let yourself cry

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Self Care Bingo

Deep breathing	Snuggle with a pet	Cook or bake	Netflix and Chill	Dance
Use positive self-talk	Manicure or Pedicure	Massage	Try something new	Meditate
Talk to a friend	Go outside	**FREE**	Take a time out	Listen to music
Write in a journal	Start a project	Take a shower	Yoga	Have a bath
Make a gratitude list	Clean/organize	Read	Go for a walk	Let yourself cry

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