

Self Care Bingo

Use positive self-talk	Arts and Crafts	Go outside	Talk to a friend	Play cards
Excerise	Use a stress ball	Read	Cooking	Take a time out
Try something new	Watch tv	FREE	Dance	Listen to music
Moisturize	Think about happy memories	Muscle relaxation	Let yourself cry	Pray or meditate
Go to the gym	Deep breathing	Take a shower	Zoom call with family	Go on a long walk

Self Care Bingo

Watch tv	Cooking	Talk to a friend	Excerise	Read
Go outside	Zoom call with family	Play cards	Deep breathing	Take a time out
Moisturize	Dance	FREE	Listen to music	Arts and Crafts
Let yourself cry	Take a shower	Use positive self-talk	Go on a long walk	Think about happy memories
Muscle relaxation	Pray or meditate	Try something new	Use a stress ball	Go to the gym

Self Care Bingo

Deep breathing	Take a shower	Cooking	Pray or meditate	Dance
Use positive self-talk	Moisturize	Muscle relaxation	Use a stress ball	Play cards
Try something new	Go on a long walk	FREE	Think about happy memories	Let yourself cry
Watch tv	Take a time out	Talk to a friend	Zoom call with family	Go outside
Listen to music	Arts and Crafts	Read	Exercise	Go to the gym