

Self Care Bingo

Try something new	Call your family	Let yourself cry	Take a walk outside	Sing a hymn song
Deep breathing	Treat yourself to some candy	Stretch your body	Complement yourself	Take a time out
Think about happy memories	Use positive self-talk	FREE	Create a picture frame	Play cards
Pray or meditate	Talk to a friend	Relax take a nap	Muscle relaxation	Start a hobby or project
Listen to music	Dance	Take a shower	Watch you favorite movie	Exercise

Self Care Bingo

Use positive self-talk	Complement yourself	Take a walk outside	Deep breathing	Stretch your body
Let yourself cry	Watch you favorite movie	Sing a hymn song	Dance	Take a time out
Pray or meditate	Create a picture frame	FREE	Play cards	Call your family
Muscle relaxation	Take a shower	Try something new	Exercise	Talk to a friend
Relax take a nap	Start a hobby or project	Think about happy memories	Treat yourself to some candy	Listen to music

Self Care Bingo

Dance	Take a shower	Complement yourself	Start a hobby or project	Create a picture frame
Try something new	Pray or meditate	Relax take a nap	Treat yourself to some candy	Sing a hymn song
Think about happy memories	Exercise	FREE	Talk to a friend	Muscle relaxation
Use positive self-talk	Take a time out	Take a walk outside	Watch you favorite movie	Let yourself cry
Play cards	Call your family	Stretch your body	Deep breathing	Listen to music