Self Care Bingo

Try something new	Ask for help	Arts and Crafts	Listen to music	Take a bath
Sew or crochet	Go outside	Think about happy memories	Sleep late	Cooking
Stretch	Talk to a friend	**FREE**	Use a stress ball	Dance
Pray or meditate	Give someone you love a hug	Read	Take a time out	Repeat daily affirmations
Start a hobby or project	Take a walk	Play with a pet	Play a game on your phone	Sing

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Self Care Bingo

Read	Play a game on your phone	Deep breathing	Exercise	Sleep for 9 hours
Sew or crochet	Say no	Dance	Talk to a friend	Take a bath
Pray or meditate	Punch a punching bag	**FREE**	Think about happy memories	Cooking
Use a stress ball	Ask for help	Go outside	Muscle relaxation	Snuggle on the couch with a fluffy blanket
Take a nap	Stretch	Sleep late	Take a time out	Give someone you love a hug

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Self Care Bingo

Start a hobby or project	Sew or crochet	Go outside	Sing	Ask for help
Pray or meditate	Arts and Crafts	Say no	Sleep for 9 hours	Try something new
Deep breathing	Write in a journal	**FREE**	Use positive self-talk	Go to bed before 8 pm
Dance	Take a bath	Sleep late	Let yourself cry	Use a stress ball
Give someone you love a hug	Cooking	Stretch	Punch a punching bag	Listen to music

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