Self Care Bingo

Use positive self-talk	Arts and Crafts	Let yourself cry	Talk to a friend	Read
Excerise	Use a stress ball	Start a hobby or project	Cooking	Take a time out
Try something new	Write in a journal	**FREE**	Dance	Play cards
Play with a pet	Think about happy memories	Punch a punching bag	Muscle relaxation	Sew or crochet
Listen to music	Deep breathing	Take a shower	meditate	Go outside

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Self Care Bingo

Write in a journal	Cooking	Talk to a friend	Excerise	Start a hobby or project
Let yourself cry	meditate	Read	Deep breathing	Take a time out
Play with a pet	Dance	**FREE**	Play cards	Arts and Crafts
Muscle relaxation	Take a shower	Use positive self-talk	Go outside	Think about happy memories
Punch a punching bag	Sew or crochet	Try something new	Use a stress ball	Listen to music

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Self Care Bingo

Deep breathing	Take a shower	Cooking	Sew or crochet	Dance
Use positive self-talk	Play with a pet	Punch a punching bag	Use a stress ball	Read
Try something new	Go outside	**FREE**	Think about happy memories	Muscle relaxation
Write in a journal	Take a time out	Talk to a friend	meditate	Let yourself cry
Play cards	Arts and Crafts	Start a hobby or project	Excerise	Listen to music

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