Self-Care Bingo

Try something new	At home mani/pedi	Enjoy nature for 20 min	Spend time with pet(s)	Meditate for 10 minutes
Deep breathing for 1 min	Try a new recipe	Read a book	Call a friend	Take time out from tech
Walk outside	Create something	**FREE**	Jump in a puddle	Listen to relaxing music
Take a bath	Make time for hobby	Spend time with family	Get a massage	Play a game
Dance in your living room	Take a 10 min exercise break	Do yoga	Write in a journal	Drink 8 glasses of water

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Self-Care Bingo

Walk outside	Write in a journal	Call a friend	Make time for hobby	Deep breathing for 1 min
Spend time with pet(s)	Listen to relaxing music	Enjoy nature for 20 min	Play a game	Create something
Jump in a puddle	At home mani/pedi	**FREE**	Get a massage	Spend time with family
Drink 8 glasses of water	Try something new	Do yoga	Take a bath	Dance in your living room
Meditate for 10 minutes	Got 7-8 hours of sleep	Take time out from tech	Read a book	Try a new recipe

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Self-Care Bingo

Take a bath	Get a massage	Walk outside	Drink 8 glasses of water	Spend time with pet(s)
Take a 10 min exercise break	Take time out from tech	Write in a journal	Make time for hobby	Create something
Spend time with family	Call a friend	**FREE**	Jump in a puddle	Enjoy nature for 20 min
Got 7-8 hours of sleep	Meditate for 10 minutes	Dance in your living room	At home mani/pedi	Try something new
Try a new recipe	Read a book	Listen to relaxing music	Play a game	Do yoga

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