

Self Care Bingo

Use positive self-talk	Arts and Crafts	Listen to music	Talk to a friend	Read
Go outside	Use a stress ball	Start a hobby or project	Cook a Healthy Meal	Take a time out
Try something new	What are you grateful for?	FREE	Deep breathing	Play with a pet
Pray or meditate	Think about happy memories	Punch a punching bag	Play cards	Sew or crochet
Muscle relaxation	Exercise	Take a shower	Write in a journal	Let yourself cry

Self Care Bingo

What are you grateful for?	Cook a Healthy Meal	Talk to a friend	Go outside	Start a hobby or project
Listen to music	Write in a journal	Read	Exercise	Take a time out
Pray or meditate	Deep breathing	FREE	Play with a pet	Arts and Crafts
Play cards	Take a shower	Use positive self-talk	Let yourself cry	Think about happy memories
Punch a punching bag	Sew or crochet	Try something new	Use a stress ball	Muscle relaxation

Self Care Bingo

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