



# SELF-CARE BINGO

TOOK A SHOWER	GOT DRESSED	CAUGHT UP WITH FRIENDS	PROCESSED MY FEELINGS	COMPLIMENTED MYSELF
MEDITATED	ATE GOOD FOOD	LISTENED TO MY BODY	HAD FUN	ASKED FOR HELP
TOOK A MUCH - NEEDED BREAK	DRANK WATER		TAKE A SOCIAL MEDIA BREAK	TREATED MYSELF
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	TOOK STEPS TO TAME NEGATIVE THOUGHTS	HUGGED MY PARENTS	DROPPED A HABIT THAT IS NOT FOR ME
TOOK A MENTAL HEALTH DAY	SPENDING TIME WITH NATURE	DECLUTTERED MY SPACE	WROTE DOWN IN MY JOURNAL	PRACTICED SELF - COMPASSION