



# Self-Care Bingo

TOOK A SHOWER	MADE A LIST	TALK/PLAYED/ HUNG OUT WITH FRIENDS	SPENT TIME WITH A PET	TALKED POSITIVELY TO YOURSELF
LISTENED TO MUSIC/DANCE	EAT HEALTHY MEALS	DID SOMETHING YOU REALLY WANTED TO DO	GOT 8 HOURS OF SLEEP	ASKED FOR HELP
READ A BOOK	LAUGHED	<b>Free</b>	SPENT TIME WITH FAMILY	EXERCISE
TALKED POSITIVELY ABOUT SOMEONE ELSE	CRIED	TOOK A NAP	WENT FOR A WALK	WATCHED TV/PLAYED A GAME
DRANK WATER	BRUSHED YOUR HAIR AND YOUR TEETH	GOT DRESSED	WROTE IN MY JOURNAL	TRIED SOMETHING NEW

do it for you!  
you're doing great!

zzz