



# SELF-CARE BINGO

## WAYS TO CARE FOR YOU

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Drink a glass of water	Make time to step away from screens	Get fresh air	Bring movement into your day	Remember to eat
Get dressed for the day	Tidy your workspace	Listen to your favorite song and sing along	Give yourself a compliment	Practice setting boundaries
Find a fun TV show or podcast	Brush your teeth		Try a new recipe	Play with a pet
Sit with your feelings	Call a friend or family member	Do something creative	Ask for help when you need it	Take up a new hobby
Give someone else a compliment	Make your bed	Take it easy & be kind to yourself	Get enough sleep	Make a cup of coffee or tea

