

SELF-CARE *Bingo*

TOOK A SHOWER	GOT DRESSED	CALLED A FRIEND	PROCESSED MY FEELINGS	COMPLIMENTED MYSELF
MOVED MY BODY	MEDITATED OR RELAXED	COOKED A HEALTHY MEAL	PLAYED WITH MY PET OR WATCHED A FUNNY PET VIDEO	STARGAZED
TOOK A BREAK	DRANK WATER	<i>Free</i>	TOOK A SOCIAL MEDIA BREAK	TREATED MYSELF
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	DANCED TO MY FAVORITE SONG	MADE A GRATITUDE LIST	WATCHED FAVORITE MOVIE
CALLED SOMEONE WHO MAKES ME LAUGH	SPENT TIME WITH NATURE	DECLUTTERED MY SPACE	WROTE IN MY JOURNAL	PRACTICED COMPASSION

MADE IN CANVA

