

Self-Care Bingo

TOOK A SHOWER	GOT DRESSED	CALLED ONE FRIEND	PROCESSED MY FEELINGS	COMPLIMENTED MYSELF
LIMITED BY NEWS INTAKE	ATE GOOD FOOD	EXERCISED MY BODY	HAD FUN	ASKED FOR HELP
WATCHED SOMETHING FUNNY AND LAUGHED	DRANK WATER	<i>Free</i>	WROTE DOWN 5 THINGS TO BE GRATEFUL FOR	TREATED MYSELF
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	TOOK STEPS TO TAME NEGATIVE THOUGHTS	DANCED TO AN UPLIFTING SONG	DROPPED A HABIT THAT IS NOT FOR ME
TOOK THREE DEEP BREATHS	SPENDING TIME WITH NATURE	DECLUTTERED MY SPACE	WROTE DOWN IN MY JOURNAL	PRACTICED SELF - COMPASSION