



Self-Care Bingo

TOOK A SHOWER	GOT DRESSED	CAUGHT UP WITH FRIENDS ONLINE OR ON THE PHONE	PROCESSED MY FEELINGS	COMPLIMENTED MYSELF
MEDITATED	ATE HEALTHFUL FOOD	LISTENED TO MY BODY	HAD FUN	STRETCHED
TOOK A MUCH - NEEDED BREAK	DRANK PLENTY OF WATER	<i>Free</i>	CONTEMPLATED WHAT I'M GRATEFUL FOR	TREATED MYSELF
COMPLIMENTED SOMEONE IN PERSON OR ONLINE	GOT 8 HOURS OF SLEEP	TOOK STEPS TO TAME NEGATIVE THOUGHTS	READ SOMETHING POSITIVE	DROPPED A HABIT THAT IS NOT FOR ME
TOOK MY SUPPLEMENTS	SPENT TIME WITH NATURE	DECLUTTERED MY SPACE	WROTE IN MY JOURNAL	PRACTICED SELF - COMPASSION