

Self-Care Bingo

Get crafty	Tidy Up	Yoga	Dance	Read a book
Skin care	Call a friend	Go outside	Drink water	Turn off phone
Journal	Organize something	Go to bed early	Work out	Be creative
Go for a walk	Meditate	Set boundaries	Cook a healthy meal	Listen to music
Video chat	Light a candle	Watch a funny movie	Take a shower	Compliment yourself