







Self-Care Bingo

QUARANTINE EDITION

<p>TAKE A SHOWER</p> 	<p>GOT DRESSED</p> 	<p>CONNECT W/ FAMILY OR FRIEND</p> 	<p>PROCESSED MY FEELINGS OR CRIED</p> 	<p>COMPLIMENTED MYSELF</p> 
<p>MEDITATED</p> 	<p>ATE GOOD FOOD</p> 	<p>LISTENED TO MY BODY</p> 	<p>HAVE FUN OR LAUGH</p> 	<p>ASKED FOR HELP</p> 
<p>BREATHE FOR 2 MINUTES</p> 	<p>DRANK WATER</p> 	<p>FREE</p> 	<p>TAKE A 24-HR SOCIAL MEDIA BREAK</p> 	<p>SING, DANCE OR WORKOUT</p> 
<p>COMPLIMENTED SOMEONE</p> 	<p>GOT 7-8 HOURS OF SLEEP Z</p> 	<p>REFRAMED A NEGATIVE THOUGHT</p> 	<p>HUG SOMETHING OR SOMEONE (KIDS, SPOUSE, PET OR TREE)</p> 	<p>DROPPED A HABIT THAT IS NOT HELPING ME</p> 
<p>TAKE 5 MIN FOR GRATITUDE</p> 	<p>SPENT TIME IN NATURE</p> 	<p>DECLUTTERED MY SPACE</p> 	<p>WROTE IN MY JOURNAL</p> 	<p>PRACTICED SELF - COMPASSION</p> 