

Self - Care **Bingo**

TOOK A SHOWER	SAID NICE THINGS ABOUT MYSELF	DRANK WATER	ASKED FOR HELP	WENT OUTSIDE
TRIED SOMETHING NEW	USED A COPING SKILL	DID A HOBBY	GOT 7-9 HOURS OF SLEEP	WATCHED A NEW SHOW OR MOVIE
EXERCISED FOR 30 MINUTES OR MORE	TOOK A BREAK	Free	HAD SOME FUN	TALKED TO A FRIEND
PRACTICED GRATITUDE	READ A BOOK OR ARTICLE FOR FUN	BRUSHED MY TEETH (& FLOSSED!)	TALKED WITH A FRIEND	DID A MINUTE OF DEEP BREATHING
HELPED SOMEONE	ENJOYED A DELICIOUS BEVERAGE	SAID SOMETHING NICE ON SOCIAL MEDIA	LISTENED TO MUSIC	LAUGHED!