



Self - Care Bingo!

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| ME TIME | LET NEGATIVE PEOPLE GO | WATCHED MY FAVORITE SHOW ON TELEVISION | LISTENED TO SOME MUSIC WHEN I FELT STRESSED | POSITIVE SELF TALK |
| EXPRESS FEELINGS | HELP SOMEONE | REDUCE SCREEN TIME | MEDITATION | MAKE TIME FOR REST |
| CHECK IN WITH YOUR EMOTIONS | START A NEW HOBBIE | Free | TOOK A MENTAL HEALTH DAY | BE KIND TO YOURSELF |
| SET HEALTHY BOUNDARIES | REMIND YOURSELF YOU ARE ENOUGH | COUNT TO 10 | DREAM BIG AND MAKE IT HAPPEN | WROTE IN A JOURNAL ABOUT MY DAY |
| EXERCISE | ASKED FOR HELP | SPENT TIME WITH A FRIEND/ LOVED ONE. | READ SOMETHING INSPIRATIONAL | USED 5,4,3,2,1 TOOL |

