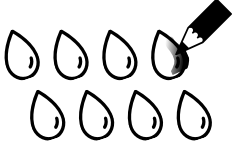

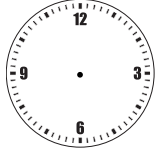




SELF-CARE BINGO

A TOOL TO HELP GUIDE SELF-CARE ACTIVITIES

By taking time to care for yourself, you can better cope with anxiety and stress, and help improve your overall wellbeing. Additionally, when you take time to meet your own needs, you will be better able to care for others. Self-care is considered any deliberate activity that supports our mental, emotional, and physical health. Use the stackable bingo prompts below to get started. Try one or all. Create your own. Start small. Remember: self-care is not selfish.

GOT DRESSED IN AN INTENTIONAL OUTFIT (COMFY/FUN/FANCY)	DRANK ENOUGH WATER 	CALLED A FRIEND, FAMILY MEMBER OR PEER SUPPORT LINE	GOT A BATH WITH BUBBLES/SALT/CANDLES/MUSIC	GAVE MYSELF A BIG HUG / HUGGED SOMEONE ELSE
BRUSHED MY TEETH AND FLOSSED	MEDITATED FOR 10 MINUTES OR MORE	SPENT TIME ON A NEW OR OLD HOBBY	PROCESSED MY FEELINGS #SITWITHIT	ASKED FOR HELP
MADE MY FAVOURITE MEAL OR SNACK	RESTED WHEN MY BODY TOLD ME TO	FREE 	TREATED MYSELF	TOOK A TWO-HOUR TECH BREAK
COMPLIMENTED SOMEONE	TOOK A ONE-DAY SOCIAL MEDIA BREAK	COMPLIMENTED MYSELF	HAD A MOVIE MARATHON DAY (WITH POPCORN)	PRACTICED ACTIVE LISTENING
SPENT 10 MINUTES OR MORE ENGAGING IN INTENTIONAL MOVEMENT	DECLUTTERED A SPACE	JOURNALED MY THOUGHTS OR WROTE DOWN WHAT HAPPENED TODAY	WENT TO BED ON TIME/EARLY 	SPENT TIME OUTDOORS IN NATURE

