

Self-Care Bingo

<p>Practice Mindfulness</p> 	<p>Get a good night's sleep-about 7-9 hours</p> 	<p>Draw, Paint, Color, Create</p> 	<p>Do something kind for someone else</p> 	<p>Go for a walk</p> 
<p>Listen to my favorite music or create my own music</p>	<p>Practice Yoga</p> 	<p>Take a relaxing bath</p> 	<p>Write down three things that I am grateful for today.</p>	<p>Eat a healthy meal</p> 
<p>Meditate or Pray</p> 	<p>Enjoy my favorite hot drink.</p> 	<p>FREE</p>	<p>Write in a journal</p> 	<p>Cut myself a break and practice self-compassion</p> 
<p>Drink 32 ounces of water</p> 	<p>Take 10 Mindful breaths</p> 	<p>Look in the mirror and give myself a compliment</p> 	<p>Dance Party</p> 	<p>Play with a pet or watch animal videos online</p> 
<p>Replace a negative thought with a positive thought.</p> 	<p>Check something off of my to-do list.</p> 	<p>Sit in the sunshine and soak up some sun rays.</p> 	<p>Enjoyed a delicious treat</p> 	<p>Cry or allow myself to feel whatever emotion I am experiencing.</p> 