SELF-CARE BINGO

TREATED MYSELF

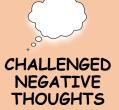


TRIED SOMETHING **NEW**



got 7-9 hours of sleep

took break





used a coping skill





GOT DRESSED TODAY



DRANK WATER

practiced self compassion



ate healthy **EXERCISE** food

SAT WITH MУ **FEELINGS**





Learning

GOT STUFF DONE!

LISTENED TO MY BODY



HAD/ /FUN\ ••• talked to a friend