

SELF-CARE BINGO

TREATED MYSELF	 WENT OUTSIDE	TRIED SOMETHING NEW	 BRUSHED MY TEETH	 got 7-9 hours of sleep
took a break	 CHALLENGED NEGATIVE THOUGHTS	 gave myself a compliment	used a coping skill	 LET MYSELF CRY
 ASKED FOR HELP	GOT DRESSED TODAY	 STAYED HEALTHY	 DRANK WATER	practiced self compassion
 GOT SOME EXERCISE	 ate healthy food	SAT WITH MY FEELINGS	 DID A HOBBY	 Did Remote Learning
GOT STUFF DONE!	LISTENED TO MY BODY	 TOOK A SHOWER	 HAD FUN	 talked to a friend