

# SELF-CARE BINGO

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