






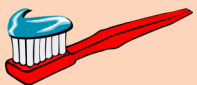





SELF-CARE BINGO

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