

# Self Care Bingo

Took quiet time	Brushed my teeth	Spent quality time with someone I care about	Enjoyed a beverage of my choosing	Took a break without guilt
Read for fun	Stretched	Tried something new	Took a nap	Did something I've been putting off
Vented to someone I trust	Went to bed at a reasonable time	FREE SPACE	Left work at a reasonable time	Ate something good for me
Worked out	Made a short gratitude list	Silenced my phone	Asked for help	Pampered myself (even a little)
Let myself be lazy	Checked in with myself	Spent time outside	Took a relaxing shower or bath	Was kind to myself instead of critical