

Self Care Bingo

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| 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 |