

# Self-Care BINGO

DIRECTIONS: Write a self-care idea in each square. Mark off a square as you complete it. The first one to BINGO wins.

Write down 3 nice things about yourself	Step outside for some fresh air	Take 10 minutes to breathe deeply	Keep a journal	TECH BREAK Step away from your phone & computer
Call (not text) a friend	Go for a walk	Take an online class, workshop or listen to a Ted Talk	Declutter your space	Listen to a favorite song... and dance if you feel like it
Spend 5 minutes stretching	Light a favorite candle and read a book	<i>Free</i>	Think of things you are grateful for	Get creative - color, paint, make
Bring the spa home - do your nails, lotion your legs, etc	Go to bed early	Cook a healthy meal	Binge watch a funny show	Get a massage
Listen to a podcast	Cuddle a pet	24 hour social media detox	Watch the sunrise, sunset, or clouds	Take a cat nap

You gotta *nourish* to *flourish*!