


# Self-Care Bingo

Scheduled and attended a virtual hangout with friends	Meditated	Acknowledged and accepted my feelings	Read a book	Drank 8 glasses of water in one day
Wrote down five things that I am grateful for	Cooked and ate healthy meal	Went for a walk	Gave myself a compliment	Took a much-needed, guilt-free break
Got dressed up	Finished something I had been putting off		Took a break from the news	Did yoga or a home workout
Got a good night's sleep	Spent time doing something creative	Spent a few minutes breathing deeply	Watched a funny movie or show	Decluttered one space in my home
Spent time outside	Put away my phone for an afternoon	Stretched	Noticed if I am having positive or negative thoughts	Wrote in my journal

## Helpful Resources:

- [Deep Breathing For Stress](#)
- [Free Online Yoga and Fitness Classes](#)
- [Gratitude and Well-Being](#)
- [Building Resilience through Thoughts and Actions](#)
- [Staying Connected While Distancing](#)