

# Self-Care Bingo

START A NEW BINGO CARD QUARTERLY

Take a walk.

Hang out with someone who makes you laugh.

Participate in a sound bath experience/yoga or breathwork.

Take a nap with no alarm set.

Fill in with something you enjoy.

Dance like no one is watching.

Take the first 5 minutes of your day to just give thanks. (No email or phone)

Enjoy your favorite meal with a friend/family.

Buy yourself something that makes you feel good (flowers, shirt, painting, etc.)

