

Self-Care Bingo

MAINTAINED BOUNDARIES	SHOWED MYSELF KINDNESS	EXPRESSED FEELINGS	MADE TIME FOR REST	LISTENED TO MY BODY
PRACTICED SELF-COMPASSION	DRANK WATER	ASKED FOR HELP WHEN I NEEDED IT	LET MYSELF CRY	DID A HOBBY
TOOK A SHOWER	ATE FOOD	<i>Free</i>	TALKED TO A FRIEND	LAUGHED
READ FOR FUN	GAVE MYSELF A COMPLIMENT	LISTENED TO MUSIC	DECLUTTERED MY SPACE	BRUSHED MY TEETH
WENT OUTSIDE	USED A COPING SKILL	TOOK A BREAK	MOVED MY BODY	TREATED MYSELF