


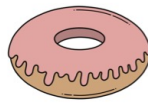















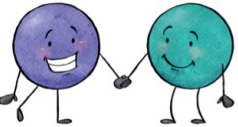

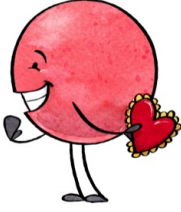












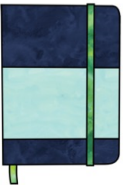





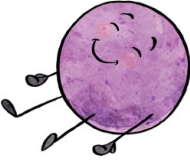



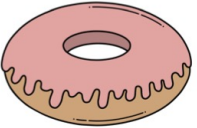


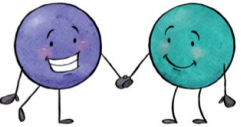


SELF-CARE BINGO

<p>DID A RANDOM ACT OF KINDNESS ANONYMOUSLY</p> 	<p>You GOT this!</p> <p>PUT A POST IT NOTE ON MY FRIDGE WITH A POSITIVE MESSAGE TO MYSELF.</p> 	<p>WROTE DOWN FIVE GOOD THINGS ABOUT MYSELF</p> 	<p>BOUGHT MYSELF FLOWERS, ICE CREAM OR A SMALL TREAT JUST BECAUSE</p> 	<p>SAID NO TO SOMETHING I DON'T HAVE TIME FOR OR THAT DOESN'T SERVE MY HEALTH</p> 
<p>IGNORED ALL NEWS AND POLITICAL TALK FOR _____ DAYS</p> 	<p>TURNED ON MUSIC AND DANCED FOR 20 MINUTES FOR EXERCISE.</p> 	<p>THOUGHT OF THREE POSITIVE THINGS ABOUT SOMEBODY I DON'T LIKE</p> 	<p>TOLD THE TRUTH EVEN THOUGH IT WAS UNCOMFORTABLE.</p> 	<p>DID SOMETHING CREATIVE OR ARTISTIC — MADE SOMETHING JUST BECAUSE</p> 
<p>SET A GOAL FOR A NEW HEALTHY HABIT (FITNESS OR NUTRITION GOAL)</p> 	<p>GOT RID OF 3 ITEMS THAT I HAVEN'T USED IN A YEAR</p> 	<p>FREE SPACE</p> <p>SURVIVED</p> 	<p>CAUGHT MYSELF BEING NEGATIVE AND REMINDED MYSELF OF 3 POSITIVE THINGS</p> 	<p>CLEANED OUT OR ORGANIZED A MESSY DRAWER, CLOSET OR SMALL SPACE</p> 
<p>PAID ATTENTION TO MY WATER INTAKE FOR AN ENTIRE DAY TO STAY HYDRATED</p> 	<p>GOOGLED "MEDITATION" AND FOUND ONE THAT I LIKE.</p> 	<p>TRIED A NEW HOBBY</p> 	<p>VOLUNTEERED</p> 	<p>TRIED A NEW HEALTHY RECIPE OR A FRUIT I'VE NEVER TASTED.</p> 
<p>SCHEDULED AN OUTING WITH SOMEONE I LOVE</p> 	<p>WENT ON STRIKE FOR ONE DAY.</p> 	<p>LET GO OF A GRUDGE</p> 	<p>WROTE A PRIORITY LIST AND SCRATCHED OFF THREE THINGS I CAN LET GO</p> 	<p>WENT OUTSIDE AND COUNTED ALL OF THE BEAUTIFUL THINGS I COULD FIND.</p> 

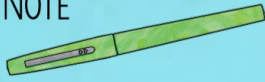
SELF-CARE BINGO

 <p>TRIED A NEW HOBBY</p>	<p>PAID ATTENTION TO MY WATER INTAKE FOR AN ENTIRE DAY TO STAY HYDRATED</p> 	<p>WATCHED AN OLD BLACK AND WHITE MOVIE</p> 	<p>WENT ON STRIKE FOR ONE DAY.</p> 	 <p>LISTED 3 MISTAKES/FAILURES AND ONE THING I LEARNED FROM EACH</p>
<p>COMPLETED A MAZE OR PUZZLE</p> 	 <p>YELLED INTO A PILLOW OR IN THE WOODS</p>	 <p>MADE A PLAYLIST OF SONGS THAT MAKE ME HAPPY</p>	<p>GOOGLED 4-7-8 BREATHING AND TRIED IT</p> 	 <p>PUT A POST IT NOTE ON MY FRIDGE WITH A POSITIVE MESSAGE TO MYSELF.</p>
 <p>WROTE DOWN FIVE GOOD THINGS ABOUT MYSELF</p>	<p>GET A NEW BOARD GAME AND FIND SOMEBODY TO PLAY WITH YOU.</p> 	<p>FREE SPACE</p> <p>GOT OUT OF BED</p>	<p>VOLUNTEERED AT A SHELTER, RETIREMENT HOME OR OTHER.</p> 	<p>WROTE A PRIORITY LIST AND SCRATCHED OFF THREE THINGS I CAN LET GO</p> 
 <p>DID SOMETHING CREATIVE OR ARTISTIC — MADE SOMETHING JUST BECAUSE</p>	<p>SAID NO TO SOMETHING I DON'T HAVE TIME FOR OR THAT DOESN'T SERVE MY HEALTH</p> 	 <p>TRIED PROGRESSIVE MUSCLE RELAXATION</p>	<p>ASKED A LIBRARIAN TO SUGGEST A BOOK ON A TOPIC I LIKE OR FOUND A SELF-HELP BOOK OR BLOG.</p> 	<p>SAT IN A DARK ROOM WITH A LIT CANDLE WHILE REFLECTING ON MY BLESSINGS.</p> 
 <p>IGNORED ALL NEWS AND POLITICAL TALK FOR A DAY OR WEEK!</p>	<p>HAD A GUILT FREE TREAT (snack, nap, alone time, or a break)</p> 	<p>WENT OUTSIDE AND COUNTED ALL OF THE BEAUTIFUL THINGS I COULD FIND.</p> 	<p>SET A GOAL FOR A NEW HEALTHY HABIT (FITNESS OR NUTRITION GOAL)</p> 	 <p>SCHEDULED AN OUTING WITH SOMEONE I LOVE</p>

SELF-CARE BINGO

 <p>WROTE A HAND WRITTEN THANK YOU TO SOMEONE</p>	 <p>MADE A PLAYLIST OF SONGS THAT MAKE ME HAPPY</p>	<p>FORGAVE SOMEONE BECAUSE I DESERVE THE PEACE</p> 	<p>WROTE DOWN TEN THINGS I AM THANKFUL FOR TODAY.</p> 	 <p>TOOK A BUBBLE BATH, TRIED A FACE MASK AT HOME OR BOOKED A SPA APPOINTMENT</p>
<p>ORGANIZED A CLUTTERED SPACE AT HOME OR SCHOOL</p> 	 <p>CHANGED A NEGATIVE THOUGHT TO A POSITIVE ONE</p>	<p>GAVE MY TIME, OLD CLOTHING, OR \$ TO CHARITY</p> 	<p>TRIED A MEDITATION</p> 	<p>TURNED UP THE RADIO AND DANCED WHILE DOING A HOUSEHOLD CHORE.</p> 
<p>PLANNED & MET UP WITH A FRIEND JUST BECAUSE</p> 	<p>HAD A GUILT FREE TREAT (snack, nap, alone time, or a break)</p> 	<p>FREE SPACE</p> <p>WOKE UP</p>	<p>FORGAVE MYSELF FOR SOMETHING IN THE PAST</p> 	 <p>CONNECTED WITH SOMEONE I HAVEN'T SEEN IN A WHILE</p>
<p>TRIED A NEW EXERCISE FOR MY BODY AND/OR MIND</p> 	<p>STOPPED A BAD HABIT FOR _____ DAYS</p> 	<p>GOOGLED BELLY BREATHING AND TRIED IT</p> 	<p>FOUND SOMETHING TO DO THAT MADE ME BELLY LAUGH!</p> 	<p>TOOK A _____ HOUR BREAK FROM TECHNOLOGY & SOCIAL MEDIA</p> 
 <p>TOOK A MOMENT TO NOTICE WHAT I CAN SEE, SMELL, TASTE, TOUCH, AND HEAR.</p>	<p>READ/LISTENED TO A SELF-HELP BOOK, BLOG OR PODCAST</p> 	<p>WENT OUTSIDE AND FOUND THREE THINGS I AM THANKFUL FOR IN NATURE.</p> 	<p>WAS EXTRA KIND TO SOMEONE WHO WASN'T NICE TO ME.</p> 	<p>BINGE WATCHED A SERIES OR BINGE READ SOME BOOKS</p> 

WRITE A HAND WRITTEN. THANK YOU NOTE



MAKE A PLAYLIST OF HAPPY SONGS

POST A POSITIVE NOTE TO YOURSELF



DANCE DURING CHORES



FORGIVE



GO TO THE SPA



GO ON STRIKE



CHANGE NEGATIVE THOUGHTS TO POSITIVE



MEDITATE



TRY A NEW HOBBY



ORGANIZE A CLUTTERED SPACE



NURTURE SELF

CONNECT WITH AN OLD FRIEND



LIST 3 MISTAKES AND ONE THING YOU LEARNED FROM EACH



TAKE SOCIAL MEDIA BREAKS



DRINK PLENTY OF WATER



BE EXTRA KIND TO SOMEONE WHO WASN'T NICE TO YOU.



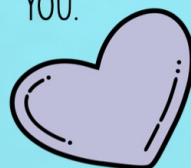
BELLY LAUGH!

BINGE WATCH A SERIES



TRY BELLY BREATHING

PLAY A BOARD GAME



LISTEN TO A SELF-HELP PODCAST

