

Self-Care Bingo

Listened to music	Exercised	Spoke to someone I trust	Spent time outside	Practiced mindfulness or yoga
Pampered myself	Made a healthy food choice	Watched a movie or TV show	Made a gratitude list	Tried something new
Went to bed early(ish)	Got creative with art materials	Took a nap	Took a relaxing hot bath	Said 'no' to something when I was busy
Played a game	Read a book or magazine	Had a hot drink	Cut myself some slack	Volunteered my time
Made a to-do list or organised something	Spent quality time with someone I love	Took quiet time	Ate something delicious	Did something I've been putting off

Jami

The Mental Health Service for our Community