

Resources

Self-care bingo

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