

Self-Care BINGO

 <p>PRACTICED GRATITUDE</p>	 <p>GOT DRESSED</p>	 <p>DRANK WATER</p>	 <p>ASKED FOR HELP</p>	 <p>WENT OUTSIDE</p>
 <p>DISENGAGED FROM CHAOS</p>	 <p>USED A COPING SKILL</p>	 <p>LET MYSELF CRY</p>	 <p>GOT A GOOD NIGHTS SLEEP</p>	 <p>TOOK A DIGITAL BREAK</p>
 <p>JOURNALED MY THOUGHTS</p>	 <p>NOURISHED MY BODY</p>	<p>ENJOYED LIFE</p>	 <p>HAD SOME FUN</p>	 <p>TALKED WITH A FRIEND</p>
 <p>RECOGNIZED MY STRENGTH</p>	 <p>HELD A BOUNDARY</p>	 <p>MADE MY BED</p>	 <p>EXERCISED FOR 30 MINUTES</p>	 <p>TOOK DEEP BREATHS</p>
 <p>HELPED SOMEONE</p>	 <p>CHALLENGED NEGATIVE THOUGHTS</p>	 <p>LEARNED SOMETHING</p>	 <p>LISTENED TO MUSIC</p>	 <p>LAUGHED!</p>

Self-Care BINGO isn't an actual game, but a reminder that simple actions can improve our mood and help us to develop practices that support mental health.

