

SELF-CARE BINGO

Strategies to support yourself

Grab some popcorn and have an at home movie night	Take a nap	Cook a new-to-you recipe. Bonus for incorporating your favorite health foods	Pick a book to read with a few friends and host a virtual book club	Spend a day (or more!) without looking at news or social media
Journal about your thoughts, feelings, goals, and dreams	Set a new exercise goal for yourself. Start with something small to build early success	Enjoy a sunrise or sunset	Download Insight Timer – free meditations that are short and sweet insighttimer.com	Have you done a puzzle? Swap with someone else and try another
Grab some blankets and go star gazing	Photograph nature while taking a stroll	<i>free space</i>	Lay in the grass and watch the clouds roll by	Establish a buddy at work and remind each other to practice self-care each day
Confide in a friend and share challenges with one another	Learn more about mindfulness and incorporate a few minutes a day mindfulnessnorthwest.com	Take advantage of the summer season and harvest some fresh fruits/vegetables/or flowers	Drink lots of water	Light a candle, grab some bubbles or bath salts and soak in the tub
Get creative! Paint, draw, or write a poem	Give yourself a manicure or pedicure	Take a walk	Take a day off and use the day to recharge and rest	Keep an ongoing list of successes and victories from the day