

# SELF CARE

## Bingo

Buy yourself flowers	Watch the sunrise or sunset	Write in your journal	Start an affirmation practice	Try yoga
Take an everything shower	Do a social media free day	Spend 30 min reading	Take a walk outside	Make a gratitude list
Make a healthy snack	Drink more water		Do a random act of kindness	Pamper yourself
Move your body - work up a sweat	Connect with a friend	Rest!	Declutter one room or area	Learn something new
Do something creative	Make a happy playlist	Write down 3 goals	Dance it out	Make a self care kit