

Self-Care Bingo

TAKE A SHOWER	MAKE BED	CATCH UP WITH FRIENDS	PROCESS MY FEELINGS	COMPLIMENT MYSELF
MEDITATE	EAT NUTRITIOUS FOOD	LISTEN TO MY BODY	PLAY	ASK FOR HELP
TAKE A BREAK	DRINK WATER	Free	TAKE A SOCIAL MEDIA BREAK	MORNING AFFIRMATION
WRITE DOWN GRATITUDE	SLEEP A FULL 8 HOURS	MOVE	WRITE IN MY JOURNAL	CROSS SOMETHING OFF MY LIST
TAKE A MENTAL HEALTH DAY	SPEND TIME IN NATURE	DECLUTTER MY SPACE	READ SOMETHING SATISFYING	PRACTICE SELF - COMPASSION

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