

SELF-CARE BINGO - MASTER LIST



The following are ideas to help you care for yourself

Accept my feelings	Move my body (workout, dance, stretch, walk)
Ask for help	Paint/ colour or draw
Attend a Healthy Start group	Perform a random act of kindness
Call someone to chat on the phone	Plan my day or my week
Create a bedtime routine	Play a board game
Do something new	Be mindful when I brush my teeth
Donate unused belongings	Read or listen to a book
Drink more water	Say something nice to myself
Eat more fruits and veggies	See a positive side of a situation
Forgive myself	Look at the stars and make a wish
Get together with a friend	Smile
Give a hug to someone I love	Spend time in nature
Give myself time to rest	Take 10 deep breaths
Go for a walk	Take a break from social media
Go to bed 30 minutes early	Take a nap
Have a cup of tea	Take a nice shower or bath
Journal everyday for a week	Think about something nice, meditate or pray
Let go of a worry	Think of a favourite memory
Listen to a TED Talk or a Podcast	Tidy up an area of my room or a drawer
Listen to some feel-good music	Try a new recipe
Make a list of few accomplishments	Watch a funny movie
Make a project or craft	Watch the sunset or sunrise
Make my bed	Write one thing I am grateful for
Make my favourite meal	Write things I like about myself