

SELF CARE BINGO

Spend some time practicing self-care this summer by trying to hit a bingo! Each of the 24 actions on this card can nurture different areas of your life, including: emotional, professional, practical, physical, mental, social and spiritual areas. Even doing just one or two can support your mental health and overall wellbeing.

B I N G O

Take three slow, deep mindful breaths	Set an out of office message	Read a book for fun	Take a walk in a nearby park	Share a meal with a loved one
Schedule an appointment you've been meaning to schedule	Pick up an existing hobby or try a new one	Choose an activity you love and move your body for 20 minutes	Journal about your week	Take a midday nap or sleep-in
Write down three things you are grateful for	Check-in with your body to see how it's feeling		Volunteer or help a friend	Tackle that pile of mail or items that need to be put away
Listen to a podcast about a new-to-you topic	Catch up with a loved one on the phone	Turn off notifications for a few hours	Try a five minute meditation	Do an activity outside
Cook a meal with five different colors	Watch a sunrise or sunset	Get at least 8 hours of sleep	Have a screen-free morning or afternoon	Listen to your favorite song and dance along