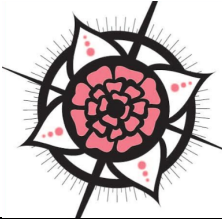


## SELF CARE BINGO

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
<b>Make a gratitude list</b>	<b>Compliment someone</b>	<b>Read a positive affirmation</b>	<b>Workout</b>	<b>Declutter one space</b>
<b>Try something new</b>	<b>Speak to someone who nourishes and supports you</b>	<b>Stay hydrated</b>	<b>Get a full night's rest</b>	<b>Hug a pet/hug a loved one or; Tell someone how much you care for them</b>
<b>Create something</b>	<b>Escape into a good book for fun</b>		<b>Practice self-compassion</b>	<b>Spend time outside</b>
<b>Go for a walk</b>	<b>Take a social media break</b>	<b>Watch a movie</b>	<b>Take a nap</b>	<b>Complete a meditation practice</b>
<b>Prepare a nutritious meal</b>	<b>Stretch for 10 minutes</b>	<b>Journal about anything</b>	<b>Do a mindfulness practice</b>	<b>Give yourself a compliment</b>



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