



Self-Care Bingo

TOOK A SHOWER	LISTENED TO MUSIC	CAUGHT UP WITH FRIENDS	PROCESSED MY FEELINGS	COMPLIMENTED MYSELF
MEDITATED	ATE GOOD FOOD	LISTENED TO MY BODY	HAD FUN	ASKED FOR HELP
TOOK A MUCH - NEEDED BREAK	DRANK WATER	<i>Free</i>	TAKE A SOCIAL MEDIA BREAK	TREATED MYSELF
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	TOOK STEPS TO TAME NEGATIVE THOUGHTS	HUGGED MY PARENTS	DROPPED A HABIT THAT IS NOT FOR ME
TOOK A MENTAL HEALTH DAY	SPENDING TIME WITH NATURE	DECLUTTERED MY SPACE	WROTE DOWN IN MY JOURNAL	PRACTICED SELF - COMPASSION

Well In Mind
Employee Assistance Program
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