

## Self-Care Bingo

<b>Read a book</b>	<b>Go for a walk</b>	<b>Watch a film</b>	<b>Have a cup of hot lemon water</b>
<b>Listen to your favourite music</b>	<b>Take a hot bath</b>	<b>Start a new hobby or take time for a current one</b>	<b>Do 30 minutes of yoga</b>
<b>Clean/organise a room in your house</b>	<b>Cook your favourite meal</b>	<b>Sit and relax for 15 minutes and just “be”</b>	<b>Go to be bed early</b>
<b>Set a new boundary</b>	<b>Plan your week (meals, exercise, time for you)</b>	<b>Start a gratitude journal</b>	<b>List your monthly goals</b>
<b>Hug a loved one</b>	<b>Meditate</b>	<b>Catch up with an old friend</b>	<b>Cancel plans/ make plans</b>