

# SELF-CARE

## Bingo

Take a moment to reflect on the self-care you have done this week

Spent time  
outside

Got enough  
sleep

Stayed  
hydrated all  
day

Read a good  
book



Checked in on  
someone I  
care about


Spent time  
with a pet

Cooked  
something  
tasty for  
myself

Asked for help  
when I needed  
it

Went for a  
walk





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## Bingo

Take a moment to reflect on the self-care you have done this week

Cleaned and  
organised

Listened to  
music

Stretched

Learned  
something  
new

Said thank  
you to  
someone

Enjoyed a  
bath or long  
shower

Took time off  
social media

Treated  
myself

Spent time  
with chosen  
family or  
friends

