

SELF-CARE



SELF-CARE IS
EMPOWERMENT

Bingo



				
Listen to music	Read a book	Watch a funny movie	Phone a friend	Write in a gratitude journal
				
Create a vision board	Practice affirmations	Spend time with pets	Take a break from social media	Spend time colouring
				
Follow a guided meditation	Spend time playing games	Practice breathing exercises	Spend time with friends	Create a self-care playlist
				
Create a photo book of your fav memories	Bake something yummy	Create a comfort box	Have a relaxing bath or shower	Create a bucket list
		FREE		
Go for a walk	Try geocaching		Perform an act of kindness	Plan something fun