

AT HOME SELF CARE

B	I	N	G	O
TOOK A SHOWER	COMPLETED A VIRTUAL WORKOUT	DANCED LIKE THERE WAS NO ONE LOOKING	STRETCHED	PRACTICED AND HOUR OF SILENCE
WROTE YOURSELF A LOVE NOTE	MEDITATED	TURNED OFF THE NEWS	WATCHED AN UPLIFTING VIDEO	TOOK A REFRESHING NAP
FACETIMED A FRIEND OR FAMILY MEMBER	TOOK AN HOUR SOCIAL MEDIA BREAK	STAYED HOME	TRIED A NEW RECIPE	TOOK A DEEP BREATH AND ENJOYED THE MOMENT
LET GO OF A TOXIC THOUGHT	SENT A NOTE TO A FRIEND OR FAMILY MEMBER	MADE SOMEONE SMILE	HAD A COUPLE OF GLASSES OF WATER	WROTE IN A JOURNAL
PLAYED YOUR FAVORITE SONG	READ A BOOK OR MOTIVATING QUOTE	HAD A CUP OF TEA OR COFFE AND SAVORED THE TASTE	MEAL PREP	STOOD OUTSIDE TO GET FRESH AIR