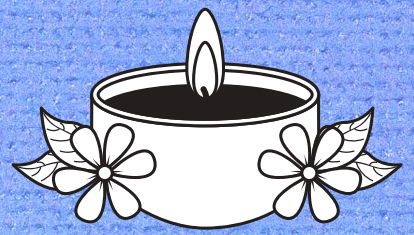


# Self Care

**B****I****N****G****O**

Helped  
someone

Read for  
fun

Watched a  
movie

Ate  
chocolate

Danced

Took a  
nap

Breathed  
deeply

24 hrs  
social  
media free

Listened  
to music

Called  
an old  
friend

Played  
a game

Exercised

FREE  
SPACE

Journalled

Did  
nothing

Prayed

Practiced  
gratitude

Did a  
brain dump

Colored  
or  
sketched

Ate fruit

Hugged  
someone

Went  
outside

Drank  
water

Lit a  
candle

Hung out  
with a  
pet