



Eunie's **BUDDIES**.

SELF-CARE

B I N G O

Throughout the day, whenever you have a moment, try to engage in one of the self-care activities listed on your bingo card. Try to finish one line this week.

Light your favorite candle	Take a social media break	Call or video chat with a friend or family member	Engage in a physical activity that you enjoy	Declutter an area in your home (something small or large)
Look at the stars	Try a new recipe that nourishes your body	Drink at least 5 glasses of water today	Listen to calming music or sounds of nature	Spend some time doing something you love
Watch funny YouTube videos	Spend quality time with a loved one	Express gratitude by writing down 5 things you are grateful for	Do some gentle stretching	Make yourself a nice meal or a comfort meal
Daydream	Spend time outside in nature	Write down 5 things you are grateful for today	Take a technology break	Do some stretching
Order in food and do nothing all evening	Listen to music you love	Attend a workshop or class	Try a new bedtime ritual	Complete a self-reflection activity

