



Self-Care BINGO Card

B	I	N	G	O
Enjoy nature for 20 minutes	Try guided meditation	Watch a favorite movie	Use your break to take a brisk walk	Explore the Here4TN website
Listen to relaxing music	Take a one-hour break from technology	Spend time with loved ones	Watch a TED talk	Take time to relax (take a bath, sit outside, etc.)
List 5 (or more) things you are grateful for	Read for enjoyment	FREE SPACE	Make a SMART goal related to self-care	Try a new recipe
Play a favorite game	Take 10 deep breaths	Schedule a stretch break every day for 1 week	List 5 (or more) things you love about yourself	Spend time with pet(s) and/or watch a funny video
Do a quick stretch break at your desk	Recruit a coworker or friend to join you for a walk	Pamper yourself (massage, pedicure, etc.)	Get 7-9 hours of sleep	Take time for a hobby