



SELF-CARE BINGO

Strategies to support yourself

Write down what you are grateful for	Take a nap	Decorate your home for the holidays	Listen to a new podcast	Spend a day (or more!) without looking at news
Take some time to stretch your body	Create a playlist with your favorite songs	Write a poem	Take a day off and use the day to recharge and rest	Sleep in!
Catch up with friends or family over the phone	Stay hydrated	<i>free space</i>	Sit by a fireplace or fire pit	Host a recipe exchange with your coworkers
Take a day off from social media	Get your flu shot	Write a letter to a close friend	practice hygge- the art of coziness	Cozy up with a blanket and read a book or watch a movie
Try some new tea or coffee	Do something you loved as a kid	Bundle up and take a nature walk	Bake something yummy	Shop small and support a local business

