



MobileCounseling

Self-Care BINGO

Try to get a "black-out" BINGO by completing all the squares. E-mail us at info@mobile-counseling.net

Call someone you love	Sleep 8 hours a night	Keep a gratitude journal	List 3 positive affirmations	Exercise 20 minutes
Practice deep breathing	Listen to your favorite music	Eat for your brain	Read for fun	Practice mindfulness
Do something FUN	Do a random act of kindness	FREE SPACE	Practice good posture	Meditate/Pray
Take a bubble bath or hot shower	Stretch for 10 minutes	3-5 minutes of silence	Look at favorite photos	Listen to a guided meditation
Hug yourself	Write out an favorite quote	Drink water	Fast from social media	Send a card to a friend or loved one

The goal for this activity is to practice regular self-care, and **HAVE SOME FUN!** Be sure to share your progress via email, and let us know how we can support you.

Brought to you by your friendly Mobile Counseling team, and intended only for some wholesome, relaxing fun!

www.mobile-counseling.net