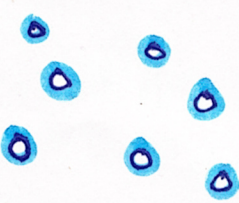
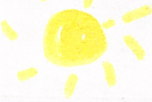


SELF CARE

B I N G O

Take a Nap ZZZ	 Go for a bath	Take a break from social media	Ground yourself 	Write down any worries and rip it up
Go outside 	 make a Happy Playlist	Do something new	Declutter a room	Speak to a friend or family 
Do a kindness act 	Alone or chill time		Write a goals list 	Bake something new 
 accept feelings + emotions.	Create a mood board 	Practice meditation 	 Learn a coping skill	Create something 
 Exercise	Create a happy box 	Plan your week out MTWTFSS	 Plan a dream holiday	Write 2 things that you are grateful about today