Self-Care BINGO!

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| Get a massage | Drink water | Take a power nap (10-20 minutes) | Do aromatherapy with essential oils and/or lotions/soaps/etc. |
| Take a walk | Do 10 minutes of yoga | Literally stop and smell the flowers | 5 minute meditation |
| Read a book | Turn off your phone for one hour | Listen to a podcast | Share your wins/good moments with someone |
| Get a sweet treat | Get an appointment with Student Mental Health to see a therapist | Pet a dog/cat/animal | Enjoy a cup of tea |

The name of the game is self-care BINGO! It’s like regular BINGO, but with fun self-care challenges! Mark which ones you’ve done! Horizontal, diagonal, vertical, it’s all fair game! Now go out and take care of yourself!

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| Go to a movie by yourself | Communicate your emotional needs | Sit outside in the sun for 10-15 minutes | Watch a funny video |

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