

Self-Care Bingo

Cancer sucks...but life doesn't have to. Take time to slow down, unwind, and recharge.

TOOK A SHOWER OR BATH	GOT DRESSED	CAUGHT UP WITH FRIENDS	PROCESSED MY FEELINGS	TOOK TIME TO UNWIND AND LAUGH
MEDITATED	ATE GOOD FOOD	MOVED MY BODY	HAD FUN	ASKED FOR HELP
TOOK A MUCH - NEEDED BREAK	DRANK WATER	Free	TOOK A SOCIAL MEDIA BREAK	TREATED MYSELF (TO A NAP, A DESSERT, ETC.)
READ A GOOD BOOK	GOT 8 HOURS OF SLEEP	TOOK STEPS TO TAME NEGATIVE THOUGHTS	CALLED A FRIEND	TOOK DEEP BREATHS
LISTENED TO MUSIC	SPENT TIME WITH NATURE	DECLUTTERED MY SPACE	WROTE DOWN IN MY JOURNAL	SPENT TIME DOING A HOBBY OR CRAFT