



Self Care

BINGO

Talk A Walk In Nature	Appreciate Your Co-Worker Today	Write A Poem	Eat Healthy Breakfast	Go To Sleep Early
Disconnect From Your Phone	Have Dinner At Candle Light	Declutter Your Desk	Reflect On Your Career Goals	Write In Your Gratitude Journal
Read A Magazine	Learn Something New	Free Space	Do Something Nice For Someone	Call A Friend
Reconnect With Relatives	Meditate	Be Optimistic	Learn A New Dance	Listen To Calming Music
Take A Ten Minute Break	Exercise	Catch Someone Doing Good	Donate To A Cause	Take A Nap