



Self Care Bingo



Take some deep breaths and know that you are strong and will get through this time.	Meditation or yoga even just 10 minutes each morning or night.	Do something kind for someone without expecting anything back in return	Let a pet help you with your self-care.	Listen to an audiobook or podcast - walk at the same time if you like to kill two birds (so to speak).	Allow yourself to be bored.	Be inspired by #SelfcareSunday
Clean and declutter your workspace – a polished desk is a polished mind.	Set yourself a reminder on your phone (or Alexa device) saying, "You're amazing!"	Take a 10-15 minute walk during the workday	Light a candle in your favorite scent.	Call / zoom someone you haven't spoken to for a while.	Cook yourself a nice meal. Eating = self-care.	Create a safe space at home that's meant only for pure relaxation
Keep a record of your daily steps – challenge a friend - Join a competition.	Arrange a "walk and talk" meeting with a colleague or friend.	Choose being kind over being right.	Add some inspirational connections to your social media feed.	Tell at least one person something you like, admire, or appreciate about them. Or consider telling yourself.	Try a new recipe or put your order in with the cook.	Do something nice for someone else – and don't tell anyone about it
Write yourself a "well-done" list at the end of the day to celebrate your achievements, however big or small.	Lift weights while you binge... TV that is!	Spend 20 minutes clearing clutter.	Eat breaky then check your phone - Resist the urge to look at your device first thing when you wake up.	Cut yourself some slack – these are tricky times.	Embrace JOMO (the joy of missing out) No one is doing anything anyway!!!	Get your sweat on. Exercise is a powerful mental health tool proven to help depression and anxiety.
Unfollow people who bring you down - Your feeds should be full of people and brands that lift you up.	Do one thing at a time.	Resist the Urge to Criticize that includes yourself	Mindful moments – Sit with your back supported and your head free. Close your eyes and move through each of your senses, noticing what you hear, feel, see, taste & smell.	Take a lunchtime stroll.	Make a mantra - come up with a phrase that will help you get in the right mindset (could even be a song)	Do nothing Whether it's binge-watching your favorite show, getting lost in a good book, or zoning out to music, whatever "nothing" means to you, do it.
Create a "Yay!" list - Every night, write down anything that made you say "Yay!" during the day.	Plan a play date just for you.	Give your eyes a break. Every 20 minutes, take a 20-second break to look at something 20 feet away	Discover a new podcast How I Built This or Oprah's Super Soul Conversations (listen to make a less-than-fun task like folding laundry fly by or whenever you need a boost).	Make an uplifting playlist - have all your favourite upbeat songs in one spot.	Pamper your skin - Who doesn't love a good face mask? It's the perfect excuse to chill	Review how many things you have achieved, now pick a favourite and do it again 😊

Resources: Don't sweat the small stuff – Richard Carlson / Simple and real ideas – Megan Nicole O'Neal / Ways to create the Ultimate self-care routine – Nicole Saporita

BE KIND TO YOURSELF, YOU GOT THIS!