

# SELF-CARE BINGO

NOTE TO SELF: Self-care is crucial for maintaining my overall well-being. It involves prioritizing activities that promote relaxation, stress relief, and renewal, such as setting healthy boundaries, practicing mindfulness, getting enough sleep and exercise, and having creative outlets that I enjoy. It's about creating a space for myself to recharge and revitalize so that I can be the best version of myself in every aspect of life.

Have fun prioritizing your own self-care by completing a BINGO from the board below:

UNPLUG FROM TECHNOLOGY FOR A DAY	COMPLETE A CREATIVE PROJECT	GO FOR A WALK	PUT YOURSELF FIRST FOR AN ENTIRE DAY	VISIT A NEW PLACE
PLANT SOMETHING	LISTEN TO YOUR FAVORITE MUSIC	DO SOMETHING NICE FOR SOMEONE ELSE	LEARN SOMETHING NEW	HAVE A PICNIC IN THE PARK BY YOURSELF
TAKE A NAP	SPEND TIME IN NATURE	WRITE YOUR OWN HERE	CALL A FRIEND	DO A RANDOM ACT OF KINDNESS
LIST THREE THINGS YOU ARE GRATEFUL FOR	STRETCH	WRITE A LOVE LETTER TO YOURSELF	GIVE YOURSELF A HUG	SIT IN SILENCE FOR 10 MINUTES
SPEND TIME WITH YOUR FAVORITE PEOPLE	PICK UP LITTER IN YOUR NEIGHBORHOOD	REVISIT SOMETHING YOU ENJOYED AS A CHILD	START A NEW BOOK	MAKE A VISION BOARD OF YOUR DREAMS

Send a photo to [info@randomactsofkindness.org](mailto:info@randomactsofkindness.org) or post on social media with #RAKtivist once you've completed a BINGO.

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