

# Self-Care BINGO



Self Care

**It is not selfish to practice self-care!** In fact, these activities are vital to your mental well-being. Research suggests that the more we practice self-care activities, the more confident, creative, and productive we are. Not to mention we also experience more joy, make better decisions, build stronger relationships and communicate more effectively. Your self-care options will depend on what works best for you, what you enjoy, and your energy levels, personality, and other factors. Never feel guilty for taking care of yourself. You deserve it! Here are some free options to consider...

B	I	N	G	O
Take 10 deep breaths	Look at the stars	Go to a park	Visit the library	Go tech-free for a day
Go on a picnic	Do a Random Act of Kindness	Call a family member or friend	Go on a nature hike	Backyard tenting
Get a good night's rest	Go to the beach	Fly a kite	Ask for help	Make a time capsule
Go for a Walk	List 3 things you love about yourself	Have a conversation about mental health	Sit in the sun	Start a gratitude journal (3 per day, no repeats!)
Create a vision board	Plan a fun activity	Write down the answer to "I am happiest when..."	Read an inspirational book	Pet an animal

**If you would like more resources for your mental well-being or self-care activities, please call AAH EAP at 800.236.3231.**