

## Self-Care Bingo

(thewellnessgroup, etc. ©)

Balance	Intentionality	Necessities	Grounding	Other Stuff
<i>Prepare a healthy meal</i>	<i>Have mindful moments. Practice being present during daily tasks, meals, encounters, etc.</i>	<i>Make personal care appointment I've been delaying (e.g., massage, medical, etc.)</i>	<i>Breathe: Take some deep breathes</i>	<i>Delete something from my to-do list</i>
<i>Hydrate! Drink 8 glasses of water</i>	<i>Connect with someone I really like (Hug, if I can!)</i>	<i>Ask for help</i>	<i>Sit still; enjoy the view</i>	<i>Do something for my professional development (e.g., sign up for CEU)</i>
<i>Do some (yoga) stretches</i>	<i>Express gratitude (aloud, written)</i>	<b>Free Space</b>	<i>Journal about what really matters, concerns, dreams, and visions</i>	<i>Consult with/confide in trusted colleague about work stuff</i>
<i>Sleep, nap, rest (Bed by 11PM; sleep for at least 7 hours)</i>	<i>Say a firm "No" to at least one person's request or an external expectation</i>	<i>Do a "drudge" task I've been avoiding (e.g., clean out e-mail, car, desk drawer)</i>	<i>Read, watch, listen to something spiritual, religious</i>	<i>Play, sing, dance, jump around</i>
<i>Get out into nature</i>	<i>Say an exuberant "Yes" at least once to what I want</i>	<i>Update my SMART self-care plan to Re-set and Re-commit for self-care lifestyle</i>	<i>Stop to smell the roses (i.e., access sensory stuff)</i>	<i>Try something new, creative, challenging.</i>