

# Self-Care Bingo

- ✓ Pick at least one activity each day.
- ✓ Make this uninterrupted time. Put your phone in another room, on do not disturb, or in airplane mode, and let your family know you are unavailable for a set period of time.
- ✓ Try to get bingo by completing five squares in a straight or diagonal line each week.
- ✓ Feel free to go longer, but try not to go shorter than the suggested time window.

30 minutes	30 minutes	1 hour	30 minutes	15 minutes
15 minutes	45 minutes	1 hour	45 minutes	15 minutes
1 hour	1 hour	30 minutes	10 minutes	2 hours
15 minutes	1 hour	30 minutes	15 minutes	1 hour
1 hour	10 minutes	2 hours	30 minutes	45 minutes

*Create your own bingo board by filling each box with activities that nourish you.*

