

# Self-Care **BINGO** for Caregivers

Self-care is vital for a healthy mind, body, and soul. It reduces stress, improves mental health, enhances relationships, and brings life balance.

Play by yourself, with a friend or a group of friends. Strive for 5 consecutive self-care exercises or complete the entire board! Celebrate with a reward upon achieving BINGO, but remember the real prize is the fulfillment and inner peace gained from embracing these self-care ideas.

TOOK A 15 MINUTE BREAK	ATTENDED A SUPPORT GROUP	DID SOMETHING CREATIVE	TREATED MYSELF TO A MASSAGE	ATE ONE OF MY FAVORITE FOODS
WENT FOR A WALK	WATCHED THE SUN SET	WATCHED A MINDLESS TV SHOW	READ A CHAPTER OF A BOOK	HAD TEA OR COFFEE WITH A FRIEND
TRIED A NEW HEALTHY RECIPE	DANCED TO A FAVORITE SONG		STRETCHED BEFORE BED	PLAYED A GAME OR DID A PUZZLE
CAUGHT UP WITH A FRIEND	LISTENED TO UPBEAT OR CALMING MUSIC	PERFORMED A RANDOM ACT OF KINDNESS	HUGGED A FAMILY MEMBER	WORKED OUT FOR 30 MINUTES
SPENT TIME ON A HOBBY	TOOK A RELAXING BATH OR SHOWER	DID SOMETHING I HAVE PUT OFF	TOOK A NAP OR WENT TO BED EARLY	SCHEDULED RESPITE CARE