

# Holiday Self Care Bingo!

Drank water	Wrote in a Journal	Thought about a memory with an Elder	Smudged or positive self talk	Took a walk
Helped Someone in need	Listened to music	Sat quietly for 5 minutes or more	Read a book you didn't have to read	Ate a healthy meal
Had your own dance party	Spent time outdoors	Got out of bed this morning	Brushed your teeth	Watched your favorite movie
Called a relative just because	Told someone you loved them	Laughed	Sang or hummed a traditional song	Took a nap
Got 8 hours of sleep	Made a list of goals	Played with your pet	wore your favorite sweater or sweatshirt	Cooked a meal for someone else

Research shows that spending time on self-care can help to reduce stress and anxiety.

We are challenging you to see how many self-care activities you can complete over the holiday break.

We would love for you to share your results with us either by taking a picture and sending it to us or just tell us how it went in an email.