

SELF CARE BINGO

Everybody should have a self-care day!

Instructions:

- Complete each activity on the card over the next **seven days**.
- Mark off each square as you complete the activity.
- Share your progress by posting a photo of your marked card and tagging us @mindwhatmatterssg.

Conduct:

Self-care is essential for maintaining our mental, emotional, and physical well-being. This bingo challenge encourages you to take small, meaningful steps each day to nurture yourself. By participating, you'll discover new ways to relax, recharge, and reflect, fostering a healthier and more balanced lifestyle.

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Complete **ALL** activities to get a BINGO

Read a book	Take a Relaxing Bath	Listen to Your Favourite Music	Drink 8 cups of Water	Gave a Compliment
Declutter Your Room	Get at least 8 Hours of Sleep	Colour or Draw	Cooked a Healthy Meal	Tried Something New
Go for a walk/run	Watch a Movie/Show that makes you Happy	Plan a Goal	Take a Nap	Stretched
Take a Social Media Break	Treated Myself	Deep Breathing	Spend Time with Nature	Hugged a loved one

TAG US AT @mindwhatmatters