

Self-Care Bingo

Visit the Events tab at upstreamprevention.org for details on how to win!

practiced + self-talk	accepted help from someone	read something enjoyable	practiced kind acts towards others	practiced 5 finger reflexology
practiced mindfulness	saw family doctor or have appt sched.	set a short-term, realistic goal for myself	expressed an emotion in a healthy way	watched Upstream's Wellness Wed. video clips https://rb.gy/dj3jgo
did something kind for myself	got some exercise! (any kind)	<i>FREE</i>	chose not to eat something bad for me!	set a boundary and stuck to it!
met someone I never have before	practiced a healthy coping skill	took a pause on social media	practiced forgiveness	reached out to someone for support
practiced deep breathing	worked on making sleep quality a priority	thought about what I value most	modeled a positive coping skill for someone	started a "glimmer practice"