

# Self -Care Bingo

Journal at least two times this week	Read something (book, online article, magazine...)	Take a long shower or bath	Make your favorite meal	Have a cup of tea or make a smoothie
Wake up early at least once this week	Attend Hopes Yoga Class on Wednesdays at 12:15pm	Pack your own lunch	Email Hope your favorite form of self-care	Call a friend or family member
Complete a random act of kindness	Spend time outdoors	FREE SPACE	Take a nap	Attend a Virtual Stretch Break with Hope
Attend a Guided Meditation Break with Hope	Workout	Check something off your to do list	Declutter one space	Take a break from technology for at least 30 minutes each day

**PIVOT  
FITNESS**