

Self-Care Bingo

THE ROCKY EDITION

Try a guided meditation	Get in touch with a loved one	Get outside for a walk
Do something silly!	Unplug. No screens for 2 hours before bed!	Drink 8 or more glasses of water
Try a new workout at home	FREE SPACE 'Cause we could all use a freebie	Have an at-home spa day #TREATYOSELF
Perform a random act of kindness	Wake up 30 minutes earlier than normal	Start a new hobby
Get crafty and make something!	Read 2 chapters of a book	Try a new recipe