

Self Care Summer

FREYJA x SOAR

BINGO

Shop
Freyja

Have a
screen
free day

Go for
a
bike ride

Swim in
lake or
river

Take a
class at
Soar

Listen to
your fave
artist

Treat
yourself

Try
something
new

Listen to
a
podcast

Watch a
comedy

Enjoy a
patio in
Fernie

Call an old
friend

Free

Declutter
a space

Watch a
Ted Talk

Do some
stretches

Do a small
act of
kindness

Watch a
sunrise or
sunset

Take a
cold
plunge or
shower

Say no to
something

Take a
class at
Soar

Write
down 3
things you
are
grateful
for

Read 50
pages of
a novel

Make a
meal
with
local
food

Shop
Freyja