



# Holiday Calm

## SELF-CARE BINGO

CROSS OFF WHAT YOU HAVE DONE!

Sing or dance to your favorite song.

Bake just for fun.

Focus on your breathing for one minute.

Go offline for a day.

Go to bed on time and get enough rest.

Meditate or sit quietly for a few minutes.

Write three reasons for which you're grateful.

Exercise for 20 minutes

Plan next week's menu.



Go Outside for 5 minutes and just focus on breathing in the fresh air.

