# Self-Care & Stress Relief Bingo

## Bingo Activities

* Stretch for 5 minutes
* Drink a glass of water
* Go outside for a walk
* Listen to calming music
* Switch off your phone for 1 hour
* Write in a journal
* Call or message a friend
* Light a candle
* Take a 10-min nap
* Watch something that makes you laugh
* Make a cup of tea
* Read for fun
* Free Space
* Take a deep breath
* Have a healthy snack
* Do something creative
* Tidy your space
* Say no to something
* Take a screen break
* Have an early night
* Do a short meditation
* Declutter a drawer
* Do a face mask
* Move your body
* Celebrate a small win