

Self-Care & Stress Relief Bingo

Tick off activities as you complete them to recharge and reset.

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
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Write in a journal	Call or message a friend	Light a candle	Take a 10-min nap	Watch something that makes you laugh
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Make a cup of tea	Read for fun	Free Space	Take a deep breath	Have a healthy snack
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Do something creative	Tidy your space	Say no to something	Take a screen break	Have an early night
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Do a short meditation	Declutter a drawer	Do a face mask	Move your body	Celebrate a small win
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