

Self-care bingo



Do you spend enough time looking after yourself and your wellbeing? Here are some self-care reminders. Aim to shout bingo at the end of every month.

Go on a long walk outdoors

Watch videos from your favourite Youtuber

Call a friend to chat

Pamper yourself using a face mask

Get more sleep

Write down everything you are worrying about

Take lunch away from your desk

Write a letter to your future self

Turn off your phone

Watch your favourite movie

Read a chapter of a book

Treat yourself with your favourite snack