

Holiday



SELF-CARE BINGO

REST AND
GIVE
YOURSELF
BREAKS.

TAKE A
WALK
OUTSIDE.

EAT WELL.
DON'T
OVER-
INDULGE
EVERY DAY.

DON'T
OVERFILL
YOUR
SCHEDULE.

TAKE
NAPS TO
RECHARGE.

TAKE
BREAKS
FROM
TECHNOLOGY.

DON'T
SAY YES TO
EVERYTHING.

BE
INTENTIONAL
WITH YOUR
TIME.

TAKE LONG
BATHS.

LIGHT YOUR
FAVORITE
SCENTED
CANDLES.

BE CREATIVE.
TRY A NEW
CRAFT OR
RECIPE.

LET GO
OF
UNNECESSARY
GUILT.

BE GRATEFUL
FOR THE
BLESSINGS IN
YOUR LIFE.

JOURNAL
MORE.

SPEND A FULL
DAY DOING
ONLY WHAT
YOU WANT.

CURL UP
WITH A
GOOD BOOK.