

# Self-care

**B**

**I**

**N**

**G**

**O**

<p>Take a walk outside</p>	<p>Play a board or card game</p>	<p>Use gratitude</p>	<p>Get a good night's sleep</p> 	<p>Send a thank you note</p>
<p>Read a book</p> 	<p>Drink 8 glasses of water</p>	<p>Color a picture</p>	<p>Learn a new skill</p>	<p>Take a break from screens</p>
<p>Give yourself a compliment</p>	<p>Practice mindfulness</p>		<p>Write down 3 good things that happened</p>	<p>Play with your pet</p>
<p>Stay active</p> 	<p>Support a small business</p>	<p>Listen to a new podcast</p>	<p>Call a friend or family member</p>	<p>Do a puzzle</p> 
<p>Get connected with resources if needed</p>	<p>Start an indoor garden</p> 	<p>Eat a well-balanced meal</p>	<p>Take yoga on YouTube</p>	<p>Practice positive affirmations</p>