

Self- Care BINGO

 <p>Asked for help.</p>	 <p>Took a nap.</p>	 <p>Talked with a friend outside of the farmers market / local food & ag.</p>	 <p>Took a hike (of any length) in the woods or around the farm.</p>	 <p>Practiced deep breathing to relax (or before I responded...)</p>
 <p>Let that vendor's / customer's criticism or complaint roll right off my shoulders.</p>	 <p>Danced like no one was watching.</p>	 <p>Treated myself.</p>	 <p>Marked something off my To-Do List!</p>	 <p>Played like a kid – Legos, coloring, swinging, bubbles, silly putty...</p>
 <p>Tried something new.</p>	 <p>Got at least 6 hours of sleep.</p>	 <p>Took time out to take care of myself!</p>	 <p>Sat still and watched the world go to sleep.</p>	 <p>Took a relaxing bath or shower.</p>
 <p>Let myself cry.</p>	 <p>Got some exercise – walking, running, yoga, stretching, swimming...</p>	 <p>Spent 30 minutes reading for fun.</p>	 <p>Challenged the negative thoughts in my head.</p>	 <p>Said “no” to something I didn’t have to do & didn’t have the time for.</p>
 <p>Listened to my body (and did what it asked of me).</p>	 <p>Sat still and watched the world awaken, perhaps with a cup of coffee or tea.</p>	 <p>Belly laughed.</p>	 <p>Spent time with someone I love.</p>	 <p>Forgave myself for what I didn’t get done today and resolved to try again the next day.</p>