PsychHub®

Self-Care Bingo for the Holidays

take a break to eat lunch without multitasking	go for a walk in nature	watch holiday movies	spend time with the people you love	play with your pet
reflect on something that you're grateful for	stop using electronics 1 hour before bed	do something nice for someone else	make your favorite holiday meal	do something that brings you joy
give yourself permission to slow down	take a power nap	Free Space	reach out to someone you haven't seen in a while	tidy something in your space
adjust holiday traditions that hurt your mental health	set aside time for yourself	listen to music or dance	take a few moments for deep breathing	ask for help if you're overwhelmed
drink a glass of water	set boundaries with friends and family	make a holiday gratitude card	prioritize getting enough sleep	pamper yourself