

# SELF CARE

ONE SIZE DOES NOT FIT ALL. TRY  
DIFFERENT METHODS UNTIL YOU  
FIND ONE THAT WORKS FOR YOU.

## Bingo

Exercise	Talk to Someone You Trust	Practice Deep Breathing	Ask for Help	Take a Break
Count Forward or Backwards	Meditate	Acknowledge your Feelings	Pet an Animal	Listen to your Favorite Music
Take a Bath	Give or Take a Hug	Color or Paint a Picture	Go for a Walk	Give Yourself Positive Affirmations
Think or Watch Something Funny	Use a Fidget Toy	Write Down your Feelings in a Journal	Take a Nap	Clean, Declutter, or Organize
Go to or Find a Safe Place	Cry	Drink a Glass of Water	Build Something	Use Aroma- therapy