



# SELF-CARE *Binga*

TOOK A SHOWER	GOT DRESSED	CAUGHT UP WITH FRIENDS	PROCESSED MY FEELINGS	COMPLIMENTED MYSELF
EXERCISED	MEDITATED	COOKED A HEALTHY MEAL	PLAYED WITH MY PET	STARTED A NEW HOBBY
TOOK A BREAK	DRANK WATER	Free	TOOK A SOCIAL MEDIA BREAK	TREATED MYSELF
COMPLIMENTED SOMEONE	GOT 8 HOURS OF SLEEP	TAMED NEGATIVE THOUGHTS	HUGGED SOMEONE	GAVE BACK TO SOMEONE
TOOK A MENTAL HEALTH DAY	SPENT TIME WITH NATURE	DECLUTTERED MY SPACE	WROTE IN MY JOURNAL	PRACTICED COMPASSION