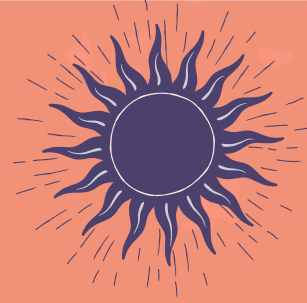


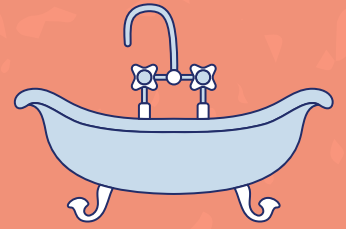
SELF CARE BINGO

READ A BOOK



SPENT TIME
IN THE SUN

WROTE A TO
DO LIST

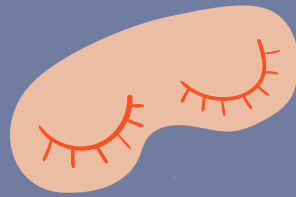


TOOK A
WARM BATH



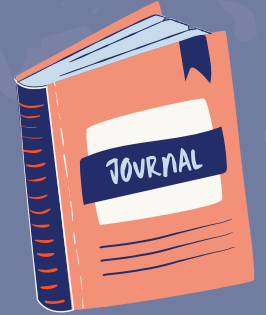
EXERCISED

GOT 8 HOURS
OF SLEEP



CALLED
A FRIEND

JOURNALLED



PRACTISED
GRATITUDE

ASKED FOR
HELP



COOKED A
HEALTHY MEAL

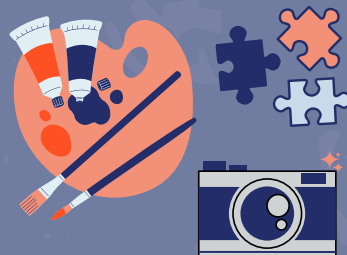


SOCIAL MEDIA
FREE DAY



LISTENED TO
A PODCAST

SPENT TIME
ON A HOBBY



MEDITATED

SET A BOUNDARY
BY SAYING NO

