



Self Care BINGO

#MentalHealthMattersHVMHC
 #MentalHealthAwarenessHVMHC
 #EndtheStigmaHVMHC

Complete a BINGO below and return this card by email, to your nearest HVMHC location or post to your social media accounts with the hashtags above to be included in a drawing to win prizes!

B I N G O

Do yoga	Write a letter (or email) to an old friend	Take a bubble bath	Have a movie marathon	Go to a museum
Go to bed early or sleep in late	Look at the stars	Cuddle a pet	Sit in a coffee shop and sip a luxurious drink	Have a dance party
Take a nap	Sit in the grass and watch the clouds	FREE SPACE	Play on a playground	Work on a puzzle
Unplug for a day	Have a picnic	Cook breakfast for myself before anyone else	Color, knit or sew something	Spend time by the water
Meditate	Stretch for 20 minutes	Spend time in the garden	Declutter a spot in my house	Bake a dessert and eat it



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Take a bubble bath	Write a letter (or email) to an old friend	Declutter a spot in my house	Spend time in the garden	Color, knit or sew something
Have a dance party	Spend time by the water	Go to a museum	Treat yourself	Sit in the grass and watch the clouds
Take a nap	Wear an outfit that makes you feel great	FREE SPACE	Have a movie marathon	Sit in a coffee shop and sip a luxurious drink
Unplug for a day	Work on a puzzle	Cuddle a pet	Have a picnic	Care for houseplants
Play on a playground	Look at the stars	Stretch for 20 minutes	Bake a dessert and eat it	Go to bed early or sleep in late



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Have a dance party	Meditate	Write a letter (or email) to an old friend	Cuddle a pet	Treat yourself
Color, knit or sew something	Wear an outfit that makes you feel great	Declutter a spot in my house	Sit in a coffee shop and sip a luxurious drink	Play on a playground
Do yoga	Go to a museum	FREE SPACE	Write 10 things you're grateful for and why	Have a picnic
Go to bed early or sleep in late	Look at the stars	Unplug for a day	Care for houseplants	Sit in the grass and watch the clouds
Spend time by the water	Cook breakfast for myself before anyone else	Have a movie marathon	Work on a puzzle	Take a bubble bath



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Unplug for a day	Sit in the grass and watch the clouds	Spend time by the water	Cook breakfast for myself before anyone else	Declutter a spot in my house
Write a letter (or email) to an old friend	Treat yourself	Wear an outfit that makes you feel great	Spend time in the garden	Do yoga
Have a picnic	Write 10 things you're grateful for and why	FREE SPACE	Cuddle a pet	Sit in a coffee shop and sip a luxurious drink
Take a nap	Bake a dessert and eat it	Talk to a friend	Care for houseplants	Play on a playground
Meditate	Work on a puzzle	Have a dance party	Go to bed early or sleep in late	Have a movie marathon



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Stretch for 20 minutes	Meditate	Go to a museum	Sit in a coffee shop and sip a luxurious drink	Have a picnic
Spend time by the water	Take a bubble bath	Wear an outfit that makes you feel great	Care for houseplants	Write 10 things you're grateful for and why
Cook breakfast for myself before anyone else	Spend time in the garden	FREE SPACE	Write a letter (or email) to an old friend	Look at the stars
Take a nap	Sit in the grass and watch the clouds	Cuddle a pet	Treat yourself	Color, knit or sew something
Have a dance party	Declutter a spot in my house	Bake a dessert and eat it	Have a movie marathon	Do yoga



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Write 10 things you're grateful for and why	Talk to a friend	Sit in a coffee shop and sip a luxurious drink	Take a bubble bath	Sit in the grass and watch the clouds
Have a movie marathon	Spend time in the garden	Have a picnic	Work on a puzzle	Unplug for a day
Play on a playground	Do yoga	FREE SPACE	Cook breakfast for myself before anyone else	Write a letter (or email) to an old friend
Meditate	Care for houseplants	Declutter a spot in my house	Go to a museum	Bake a dessert and eat it
Treat yourself	Cuddle a pet	Spend time by the water	Have a dance party	Take a nap



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Bake a dessert and eat it	Spend time by the water	Declutter a spot in my house	Go to a museum	Have a picnic
Look at the stars	Cook breakfast for myself before anyone else	Take a nap	Take a bubble bath	Do yoga
Have a dance party	Spend time in the garden	FREE SPACE	Write 10 things you're grateful for and why	Talk to a friend
Wear an outfit that makes you feel great	Meditate	Play on a playground	Write a letter (or email) to an old friend	Unplug for a day
Treat yourself	Go to bed early or sleep in late	Cuddle a pet	Stretch for 20 minutes	Sit in the grass and watch the clouds



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Wear an outfit that makes you feel great	Stretch for 20 minutes	Unplug for a day	Cuddle a pet	Declutter a spot in my house
Write a letter (or email) to an old friend	Spend time in the garden	Care for houseplants	Go to bed early or sleep in late	Do yoga
Cook breakfast for myself before anyone else	Work on a puzzle	FREE SPACE	Take a bubble bath	Go to a museum
Treat yourself	Sit in a coffee shop and sip a luxurious drink	Play on a playground	Write 10 things you're grateful for and why	Meditate
Talk to a friend	Look at the stars	Spend time by the water	Have a picnic	Have a dance party