

Self-care Bingo



Self-care Bingo is a way to improve your health and well-being and be entered in a draw to win prizes!


Instructions:

- Mark off squares as you complete each activity
- You have the entire month to work towards finishing the whole card
- At the end of the month, send in your card to livingwell@uwo.ca to win an amazing prize

You get one entry per line to a maximum of 5 entries.

Each entry will also receive [Internal Wellness Rewards Points](#) for more chances to win!



 Try a new form of physical activity	Watch a funny movie or TV show	Reflect on things you are grateful for	Cook a healthy meal	Listen to your favourite song 
Take a moment to appreciate something beautiful	Create a budget for next month	Having a meal without distractions 	Create art or do a craft project	Read a book for pleasure
 Practice positive self-talk	Engage in an activity that brings you joy 	 Free space	Practice gratitude journaling	Reduce the amount of time spent on your phone
Explore a new place in London region	Try a relaxation technique to calm your mind and body 	Stay hydrated during your day	 Call or text a friend or family member	Spend quality time with a loved one
Disconnect from technology before bedtime 	Listen to your favourite podcast	Spend time in nature by going for a walk outside	Declutter and organize a small area of your home	Write down 3 things you love about yourself 