

Self-Care Holiday Bingo

Put your feet
in the sea

Take a long
nap

Have a cup of
tea
(and don't do
anything else)

Run outside
without music

Cuddle
(or adopt) an
animal

Support a
small
business

Donate
something
(time, money
or unused
goods)

Go offline
for a day

Count your
blessings

Happy Holidays!



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