

TAKE-CARE-OF-YOURSELF BINGO

Try to complete two squares a week!

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SIT IN A SPOT THAT IS SPECIAL TO YOU - BE SILENT FOR FIVE MINUTES	Take a warm relaxing bath or shower	Open your window and let fresh air in	Tell someone something that you're thankful for	<i>Meditate</i>	TREAT YOURSELF WITH AN AFFORDABLE GIFT
Sip a mug of hot tea, cocoa, or coffee	GIVE YOURSELF OR SOMEONE YOU LOVE A GIFT	Think of a happy memory of your loved one--even if it makes you cry	Do something artistic--draw, paint, write, or whatever feels good to you--to express how you're feeling today	Tell an empathetic friend or family member how you're feeling	GO FOR A TRAIL WALK & EXPERIENCE THE SEASON
Disconnect from electronics for a day	Find a special frame to display a photo of your loved one	Limit, avoid, or redirect a negative conversation with family or friends	Wear your seat belt every time you get in the car	TAKE 30 MINUTES OF "ME TIME"	Pay a compliment to someone
Eat a fruit or vegetable that is a beautiful color	Say "no" to an extra project	Play a made-up game with a child	<i>Spend five minutes focusing on your breathing</i>	Share a tasty recipe with a co-worker	Spend time with an uplifting person
<i>Read a book</i>	SPEND TIME IN NATURE	Move your body in any way you wish for 15 minutes	DO a random act of kindness	Have a good cry	PLAY A BOARD GAME WITH FRIENDS OR FAMILY
Clean out your car	Look at yourself in the mirror and say something nice	Eat your favorite food	Make a fall-inspired recipe	<i>Do 15 minutes of stretching or yoga</i>	LEARN SOMETHING NEW