

Collect a full set of self care missions, shout BINGO at yourself in the mirror and give yourself a treat!

SELF CARE BINGO

Make a list of all the things you're grateful for	Go for a mindful walk in Nature noticing the colours, sights, sounds and smells	Schedule in some self-care time with yourself	Call someone you love & tell them how much they mean to you
Sit quietly & breathe for 10 minutes repeating the word 'Just' as you inhale and 'Breathe' on the Exhale	Make a list of all the things you've done that you're proud of	Unfollow any accounts that affect your self-esteem, remember comparison is often the thief of joy!	Take an evening off social media
Get creative & make something this week. It could be a piece of art, a card, a cake, a candle or a vision board - let your imagination run wild!	Put on your favourite song & move your body in a fun & playful way - embrace your inner child, dance like no one's watching, move freely or jump around!	Write a thank you letter to someone who has helped you in your life	Cook your favourite meal and eat it mindfully savouring and enjoying each mouthful
Try a new yoga class online that you've never done before!	Reach out to someone you haven't spoken to lately and check in with them	Go to bed early and listen to some soothing music before you fall asleep	Make a list of all the things you're hopeful for

Be kind to your mind
#lockdown 2.0

MY PRIZE:

Collect a full set of self care missions, shout BINGO (or "I am amazing") at yourself in the mirror and give yourself a treat!

SELF CARE BINGO

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MY PRIZE: