

our minds
matter

self-care bingo

**Caring for myself is not self-indulgence.
It is self-preservation and that is
an act of political warfare.
~Audre Lorde**

go for a mindful walk	get a good night sleep	write down 3 things you are grateful for	call a friend and have a catch up	drink all 8 glasses of water today
watch an inspiring TedTalk	do something kind for yourself or a stranger	make a healthy meal	try deep breathing meditation	have a digital detox day
try a morning yoga or stretching session	chill out to your favorite music/playlist	map out your short-term & long-term goals	want to procrastinate, but do something important anyway	talk to someone about something that's bothering you
snuggle with your favorite blanket, tea, and book	choose a healthy snack instead of junk food	say 'no' to a request that you are not comfortable with	do something creative	wear an outfit that makes you feel great
write in a journal about your day	declutter your space	celebrate small victories	write a letter to your future self	take short breaks throughout the day



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program@ourmindsmatter.org

