

# June Self-care

## B I N G O

Transform your self-care routine with our Self-Care Bingo! Discover self-care activities to update your self-care routine.

Walk in Nature	Watch the sunrise	Read a book or magazine	Spend time in prayer	Take a daily 15 minute break
Take 5 deep breaths	Take a bubble bath	Walk through a park	Go to a farmer's market	Stretch your muscles
Sit outside in the evening	Go for a swim		Meditate for 10 minutes	Watch the sunset
Run through the sprinkler	Try a new summer veggie	Volunteer outdoors	Go for a hike on a new trail	Make a lemon water
Go to bed while it's still light	Visit a local beach	Sit outside and talk with friends	Go for a long walk	Take a nap

