## Self-Care BINGO

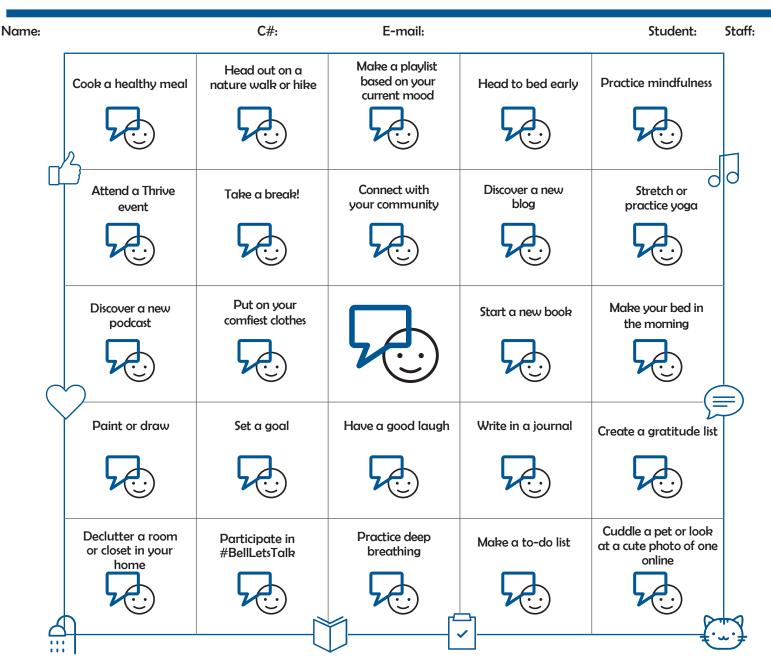


et's Talk

Practicing self-care means taking the time to participate in activities that bring you enjoyment or a sense of calm and peacefulness. Self-care can promote positive mental health and well-being, keep us grounded and reduce the effects of stress in our lives.

This week challenge yourself to complete as many self-care activities as you can. For each activity completed, tick off the talk bubble in that square. Complete at least 5 activities to have your name entered in a draw for a chance to win a \$50.00 gift certificate to the Camosun Bookstore.

Submit your bingo card to healthytogether@camosun.bc.ca by Monday, February 1, 2021 @ 4:00pm.



When it comes to mental health, now more than ever, every action counts.

Join in to help create positive change.

Learn more at bell.ca/letstalk