

# Self-Care BINGO

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](mailto:healthytogether@camosun.bc.ca) by Monday, February 1, 2021 @ 4:00pm.





















Name:

C#:

E-mail:

Student:

Staff:

Cook a healthy meal 	Head out on a nature walk or hike 	Make a playlist based on your current mood 	Head to bed early 	Practice mindfulness 
 Attend a Thrive event 	Take a break! 	Connect with your community 	Discover a new blog 	 Stretch or practice yoga 
Discover a new podcast 	Put on your comfiest clothes 		Start a new book 	Make your bed in the morning 
 Paint or draw 	Set a goal 	Have a good laugh 	Write in a journal 	 Create a gratitude list 
 Declutter a room or closet in your home 	Participate in #BellLetsTalk 	 Practice deep breathing 	 Make a to-do list 	 Cuddle a pet or look at a cute photo of one online 

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](https://bell.ca/letstalk)