



21 Step Mary Jane Self Care Bingo



HOLD AN ICE CUBE



JOURNAL



TAKE A WARM BATH



STRETCH YOURSELF



PRACTICE TAPPING



INVEST IN YOUR VAGUS



APPLY CALMING OILS



PLANT YOUR SEED CARD



TAKE A BRISK WALK



TURN YOUR FROWN UPSIDE DOWN



SAY AN AFFIRMATION



DO A FEW YOGA POSES



BE YOU TO THE FULLEST



GIVE SOMEONE A HUG



READ A POEM



GIGGLE AND SPRITZ



VISUALIZE YOUR ROOTS



DO DEEP BREATHING



LAY DOWN WITH EYES CLOSED



NAME MY FEELING



WATCH AN UPLIFTING VIDEO



ROLL OUT PRESSURE



DANCE TO YOUR FAVORITE SONG



HOLD YOUR PET



LISTEN TO NATURE SOUNDS