

# SELF-CARE BINGO

January is a fresh start (and who isn't happy to see the end of 2020)! MPL wants to help you start off the new year by taking care of yourself this year by encouraging our patrons to make choices that benefit their physical and mental health! Complete 5 activities in a row for your chance to win a self-care prize package! Return to MPL by January 31!

<b>Spent time outside</b>	Took a nap	<b>Ate food</b>	Laughed	<b>Read for pleasure</b>
Tried something new	<b>Listened to my body</b>	Asked for help when I needed it	<b>Practiced setting boundaries</b>	Gave myself a compliment
<b>Vented to someone I trust</b>	Exercised	<b>PUT MYSELF FIRST</b>	Took a shower	<b>Pampered myself</b>
Took a break	<b>Had fun</b>	Meditated	<b>Practiced self-compassion</b>	Caught up with a friend
<b>Drank water</b>	Took a social media break	<b>Got a good night's sleep</b>	Decluttered my space	<b>Crossed something off my to-do list</b>

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email: \_\_\_\_\_