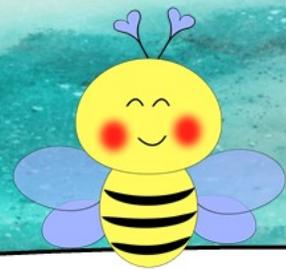




# A TO Z of self care



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# Other Resources



**Relaxation and Mindfulness Bingo**  
**Set 1**  
**For up to 8 players**

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# A TO Z OF SELF CARE

<b>A</b> ACTIVE lots of exercise every day	<b>B</b> BELIEVE in yourself	<b>C</b> CONNECT with friends and family	<b>D</b> DREAM of exciting things
<b>E</b> EAT healthy food	<b>F</b> FEEL and acknowledge your emotions	<b>G</b> GRATITUDE be thankful for what you have	<b>H</b> HELP others and enjoy the feeling it brings
<b>i</b> IMAGINATION use yours	<b>J</b> JOY be joyful	<b>K</b> KINDNESS to yourself and others	<b>L</b> LOVE yourself
<b>M</b> MINDSET move on from your mistakes	<b>N</b> NATURE enjoy all the nature around you	<b>O</b> OPEN your mind to the sensations around you	<b>P</b> PEACE find peacefulness
<b>Q</b> QUIET take time out to relax and recharge	<b>R</b> RESILIENCE you can bounce back – you've got this!	<b>S</b> SLEEP make sure you are getting enough	<b>T</b> TALK positive self-talk
<b>U</b> USE your brain to learn new things	<b>V</b> VISUALISE your fun times	<b>W</b> WALK run and play	<b>X</b> EXHALE slowly and breathe
 elsa support www.elsa-support.co.uk	<b>Y</b> YOGA learn some exercises	<b>Z</b> ZEN be at peace with yourself	

# A TO Z OF SELF CARE

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