

# B I N G O

**Self Care Bingo for  
National Public  
Health Week**  
April 3rd-9th, 2023

This week,  
intentionally  
look after  
yourself and  
the others  
around you.

Once you've completed 5 consecutive, whether in a row, column, or diagonal, let Jon.Gent@uky.edu know. You'll get a completionist sticker specifically made for this week.

Did you complete four corners, or the postage stamp (2x2 top right)? It still counts.



Be sensitive to other people's struggles.	Get 15 minutes of sunlight.	Thank someone.	Plan time to work on a hobby.	Be inspired by the resilience and kindness in the people around you.
Declutter your workspaces	Reflect on your strengths, and how they've gotten you here.	Focus on only your breathing for 2-3 minutes.	Ask for help if you need it.	Spend some extra time with your pets.
Find time for a workout, or simply get yourself moving.	Take a long bath or shower to unwind.	<b>Free Space</b>	Laugh.	Do something silly to make a friend or family member smile.
Commit to random acts of kindness	Give yourself permission to take a break.	Get 8 hours of sleep.	Turn your phone off for at least 20 minutes.	Ask someone how they are--and mean it.
Take delight from the joy of others.	Express appreciation for what the people around you do well.	Catch up with friends or family.	Find the wonder in nature, rain or shine.	Treat yourself!