

TAKE TIME TO RECHARGE

BINGO



Went for a walk

Stretched

Listened to music

Read for fun

Spent time in nature

Meditated or prayed

Laughed

Exercised

Practiced gratitude

Talked with a friend

Drank half a gallon of water

Painted or colored



Took a nap

Ate a healthy meal

Went for a walk

Stretched

Listened to music

Read for fun

Spent time in nature

Talked with a friend

Exercised

Practiced gratitude

Laughed

Meditated or prayed

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