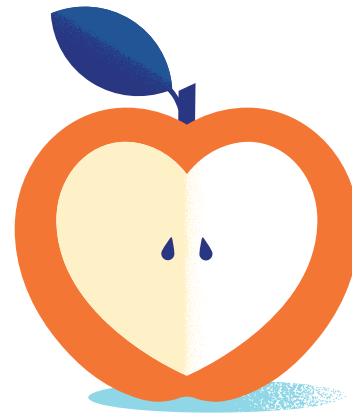


Take time to take care

When you're feeling stressed or anxious, self-care can help you feel better. Play a game of self-care BINGO. Mark off the activities as you do them to see if you can score BINGO.



B I N G O

 Take a walk outside	Wear your favorite outfit	Write and send a thank you note	Buy fresh or frozen produce at the grocery store	 Read a book
Listen to your favorite song	 Get a good night's sleep	Color or paint a picture	 Have a dance party	Listen to a new podcast
Eat a well-balanced meal	Take a break from screens	 Smile!	Journal/write down your feelings	Write down 3 things you're thankful for
Call a friend or family member	 Play a game	Take 10 deep breaths	 Practice yoga	Make a playlist of music that makes you feel good
 Drink a glass of water	Learn a new skill	 Give yourself a compliment	Wear sunscreen when you go outside	 Eat a healthy snack

Need inspiration? We have you covered with more activities.

Color or paint a picture
healthtalkcoloring.myuhc.com

Practice yoga
healthtalkyoga.myuhc.com

