

# Self-care bingo activity card



To make self-care simple – and even a little fun – use this bingo card to begin your self-care routine. Complete five squares in a row, column or diagonal. Submit your completed bingo card by email to [corporate.communications@publix.com](mailto:corporate.communications@publix.com) by June 19, 2026, to be entered into a drawing for a \$25 Publix gift card.

Sources: [mhanational.org](http://mhanational.org), [mysupportlinc.com](http://mysupportlinc.com)

Spend time in nature.	Help someone else.	Journal.	Practice gratitude.	Practice deep breathing exercises.
Repeat affirmations.	Drink extra water today.	Create a calm space in your home.	Spend time with friends.	Set a healthy boundary.
Meditate.	Plan a game night.	FREE SPACE	Try a new recipe.	Take time for yourself.
Practice mindfulness.	Do something kind for yourself.	Practice positive self-talk.	Watch your favorite movie.	Go to bed 30 minutes early.
Smile.	Take a self-care day.	Sign up for SupportLinc.	Celebrate a small win.	Reflect.