



SELF CARE BINGO

WITH UAB UREC

Make a Healthy Meal	Write Down 5 Things You're Grateful For	Check in With an Old Friend	Declutter a Space in Your Home	Take a Break from Technology
Complete a Puzzle or Color a Picture	Meditate for 5 Minutes	Dance Like No One's Watching	Take a 30 Minute Walk Outside	Share a Positive Quote
Learn Something New on YouTube	Handwrite a Letter to Someone who Inspires You		Do 10 Pushups	Sleep for 8 Hours
Try a Virtual Group Fitness Class	Drink a Gallon of Water	Take a Shower	Listen to a Podcast	Read a Book for 30 Minutes
Learn a New Joke and Share With a Friend	Draw Your Favorite Animal	Fold and Put Away Your Laundry	Watch Your Favorite Movie	Share Your Favorite URec Memory

Blazers, show us how you are taking care of yourself. Use this Bingo chart and share it back with us on social media once you have 5 in a row!
Tag us in any story or post of you doing these things to help encourage other Blazers to take care of themselves too!



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