



# Christmas.

## SELF CARE BINGO

SNUGGLE ON THE COUCH WITH A FLUFFY BLANKET	STAY HYDRATED	PLAY A BOARD GAME WITH A FRIEND	WATCH YOUR FAVORITE CHRISTMAS MOVIE	TAKE A LONG BUBBLE BATH
DECORATE YOUR CHRISTMAS TREE	WRITE A LETTER OF GRATITUDE	GET A MASSAGE	DRINK HOT COCOA	BUY CHRISTMAS SOCKS
BUILD A SNOWMAN	GET A CHRISTMAS SCENTED CANDLE	STRETCH	MAKE PEPPERMINT BARK	EMBRACE HYGGE LIVING
MEDITATE	SAY NO	BAKE GINGERBREAD FOR A NEIGHBOR	HAVE AN AT-HOME SPA NIGHT	GO TO A CHRISTMAS MARKET
TAKE A MIDDAY NAP	ENJOY WARM SOCKS & PJ'S	TRY A NEW INDOOR HOBBY	BINGE-WATCH YOUR FAVORITE SERIES	HAVE A MERRY <i>Christmas</i>