

# SELF CARE BINGO

We recognize that it may be a stressful time for you. During these uncertain times, we encourage you to focus on your wellbeing & practice some self care.

Avoid excessive exposure to news media	Call your friend	Catch up on shows that bring you joy	Eat regular meals	Take a warm shower // bath
Write down your thoughts on paper	Create a day to day schedule for yourself	Organize your space	Stay hydrated, drink some water	Dig into your creativity! Paint! Draw! Play an instrument!
Listen to your favorite music	Sweat! Move your body!	Wash Your Hands (Free Space)	Make sure you're getting information from reputable sources	Eat more fruits & vegetables
Go out for a walk	Take a break from your computer	Know that it's okay to cry	Take three deep breaths	Think of something that makes you feel grateful
Try out that new recipe you've been meaning to cook	Have a group video chat with your loved ones	Take an online class or workshop	Make sure you get a reasonable amount of sleep!	Read a book or just a chapter

# USEFUL RESOURCES

Here's a list of resources that will help you in your journey toward self care.

Mental & Emotional Support	Get the Facts
<a href="#">Office of Counseling &amp; Workplace Resilience</a> <a href="#">U-M Depression Center Toolkit</a> <a href="#">Headspace: How to Mediate</a> <a href="#">Ten Percent Podcast: How to Handle Coronavirus Anxiety</a>	<a href="#">Centers for Disease Control &amp; Prevention</a> <a href="#">Washtenaw County Health Department</a> <a href="#">Michigan Medicine Updates</a> <a href="#">AAMC Coronavirus Resources</a>
Community	Online Activities
<a href="#">Food Gatherers</a> <a href="#">United Way of Washtenaw County: COVID-19 Relief Fund</a> <a href="#">UM Emergency Hardship Fund</a> <a href="#">Parent // Caregiver Guide for Coping with Coronavirus</a>	<a href="#">U-M Coursera</a> <a href="#">LinkedIn Learning</a> <a href="#">Fitness Blender: Free Workout Videos</a> <a href="#">Down Dog: Free Workout until July 1st</a>