

May 2026

Self-Care Bingo Challenge

As they say, “you can’t pour from an empty cup.” This month focuses on taking time for yourself so you can feel refreshed and ready to take care of those who need you. In the Self-Care Bingo challenge you will find some suggestions for self-care techniques.

Try to complete as many of the techniques as you can.

After this month you will hopefully have additional techniques to pull from when you are needing some self-care.

Name _____ Department _____

Light a candle & relax	Eat dinner outside & enjoy the view	Wear something that makes you feel confident	Snuggle your pet	Write a letter to your future self
Establish a morning routine	Try a new physical activity	Call and chat with a loved one	Watch an inspiring documentary	Meditate for 15 minutes
Take 5 deep breaths	Plan and prepare meals ahead of time	 FREE SPACE	Take a walk	Spend time in the sunshine
Take a relaxing bath	Have a good laugh	Say 2 affirmations aloud to yourself	Listen to your favorite song	Take 10 minutes to read your favorite magazine
Go for a walk on the Greenway	Visit the local Farmer’s Market	Go for a hike in Panthertown or Whiteside Mountain	Take a Social Media Free Day	Chat with a good friend

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **June 5th**.

