



Self-Care Bingo

TAKE CARE OF YOURSELF DURING THE
HOLIDAY SEASON

CROSS OFF WHAT YOU HAVE DONE!

Get up and
dance.

Enjoy a
good meal.

Take three
deep breaths.

Read a book.

Sing your
favorite song.

Meditate for a
few minutes.

Take a nap.

Remember a
good memory.

Plan next
week's menu.



The Emily Program

The eating disorder specialists