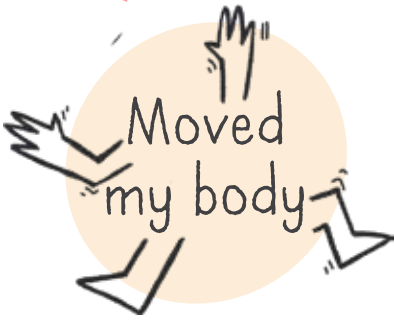


# SELF CARE BINGO

CHECK-OFF ACTIVITIES AS YOU DO THEM!



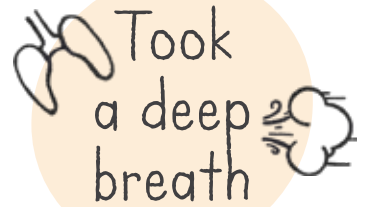
Prioritized my health



Avoided triggers



Asked for help

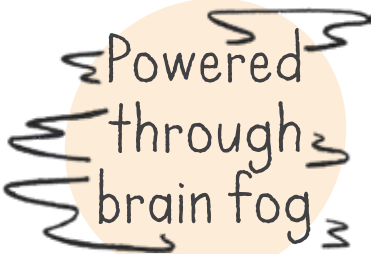


Stayed positive



Ate a balanced meal

Managed stress levels



Resisted to scratch



Watched a movie

♥ #LOVEYOURPSORIASIS ♥