

ADHD Self Care BINGO

Nap	Celebrate your milestones	declutter your space	Ask for help	
Take your meds	Go to Therapy	Arrive Early	Body Double	Create
BIG stretch	Stop and take three deep breaths	Don't buy that shitty thing	Use coping skills	Drink water
close social media apps	Snuggle with a human, pet, or stuffy	Digital Detox	Sip your favorite tea	Go Outside
Listen to your Body	Drink Water	Have you eaten?	Find your keys, wallet, phone	Go to bed early

Howdy, my name is Karen Goldsum and I am a therapist. I love dogs, dinosaurs, and dingoes.
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Put your keys on your lunch	Use website blockers	Have a "misc" basket in each room	tidy one small space	Move your body joyfully
Use voice assistants		Get a Bluetooth GPS tracker	Declutter your phone	Use a 7-day pill organizer
Forgive yourself for your limits	Let go of shame	Park in the same place every time	Create a playlist for cleaning	Noise-cancelling Head-phones
Write a reverse todo-list	Use Alarms To Stay On Track	Pack things the day before	Take your meds	Turn off notifications
Go to Therapy	Break Tasks Into Smaller Steps	Designate Spaces For Items	Pause before Decision-Making	Build Buffer Time Into Your Schedule

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Visit a museum	Celebrate your milestones	Buy yourself flowers	Ask for help	Go swimming
Bake cookies	Go to Therapy	Do one thing that scares you	Body Double	Try a new recipe
	Stop and take three deep breaths	Hike	Use coping skills	Bubble Bath
Go to the Library	Snuggle with a human, pet, or stuffy	Create a charcuterie board	Sip your favorite tea	Listen to a podcast
Wash your face	Drink Water	Put fresh sheets on bed	Find your keys, wallet, phone	Check schedule for tomorrow

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Brush your teeth	Watch the sunset	Eat nourishing food	Take a shower	Review and manage your Budget
Water your plants	Practice self compassion	Say no to something that drains you	Dance like no one's watching	Deep clean
Get Creative	Hug a loved one	Reflect on your goals		Meal prep
wash your comforter	wash your dishes	Go for a walk	Stay hydrated	Create a calming bedtime routine
Avoid alcohol	Celebrate a small win	Brain Dump Journal	Avoid screens before bedtime	Avoid caffeine

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Say no to something that drains you	Dance like no one's watching	Avoid screens before bedtime	Meal prep	Listen to Music
Watch a good movie	Play with your pet	Work Out	Brain Dump Journal	Reflect on your goals
Avoid alcohol	Eat a Snack	Walk in Nature	Get Creative	Connect with a friend
wash your comforter	wash your dishes		learn a new skill	Create a calming bedtime routine
Meditate	Celebrate a small win	Hug a loved one	Deep clean	Avoid caffeine

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Write 3 things you are grateful for	Use website blockers	Tell someone you love them	tidy one small space	listen to your favorite song
Leave the house	Pause before Decision-Making	binge a comfort show	Declutter your phone	Make art
Forgive yourself for your limits	Let go of shame	Park in the same place every time	Go to Therapy	Play a board game
Journal	Use Alarms To Stay On Track	Paint your nails	Take your meds	Turn off notifications
Create a playlist for cleaning	Connect with someone you love	Write a thank you letter		Explore a new park

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