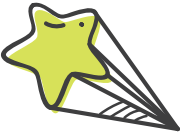




Creative ways to love yourself better



 Learned a new coping skill	 Asked for help	 A random act of kindness	 Used breathwork to de-stress	 Laughed out loud
 Enjoyed me time	 Paid off debt - I am saving!	 Celebrated my resilience	 Slept well	 Enjoyed doing a hobby
 Challenged negative self-talk	 Walked barefoot outdoors	 Volunteered	 Danced	 Completed the to-do list
 Embraced my feelings	 I said sorry	 Forgave myself	 Exited a toxic relationship	 Congratulated myself
 Cried	 A relaxing massage	 Marvelled at nature	 Quality time with a friend	



SELF-LOVE BINGO!

Mark off each act of self-care that you have done recently.

The actions seem simple, but some of them might be challenging to achieve.

Where there are gaps, aim to fill them.



REACH OUT TO LIFEASSIST FOR COACHING OR COUNSELLING.



Experience One *Sum* WELLNESS

Call: 0860 111 322
WhatsApp: 061 438 7903 [text only]
Email: help@lifeassist.co.za



*How do I love Me?
Let me count the ways...*

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Get in touch with a coach



Experience
One Sun WELLNESS



 **your
life!**



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