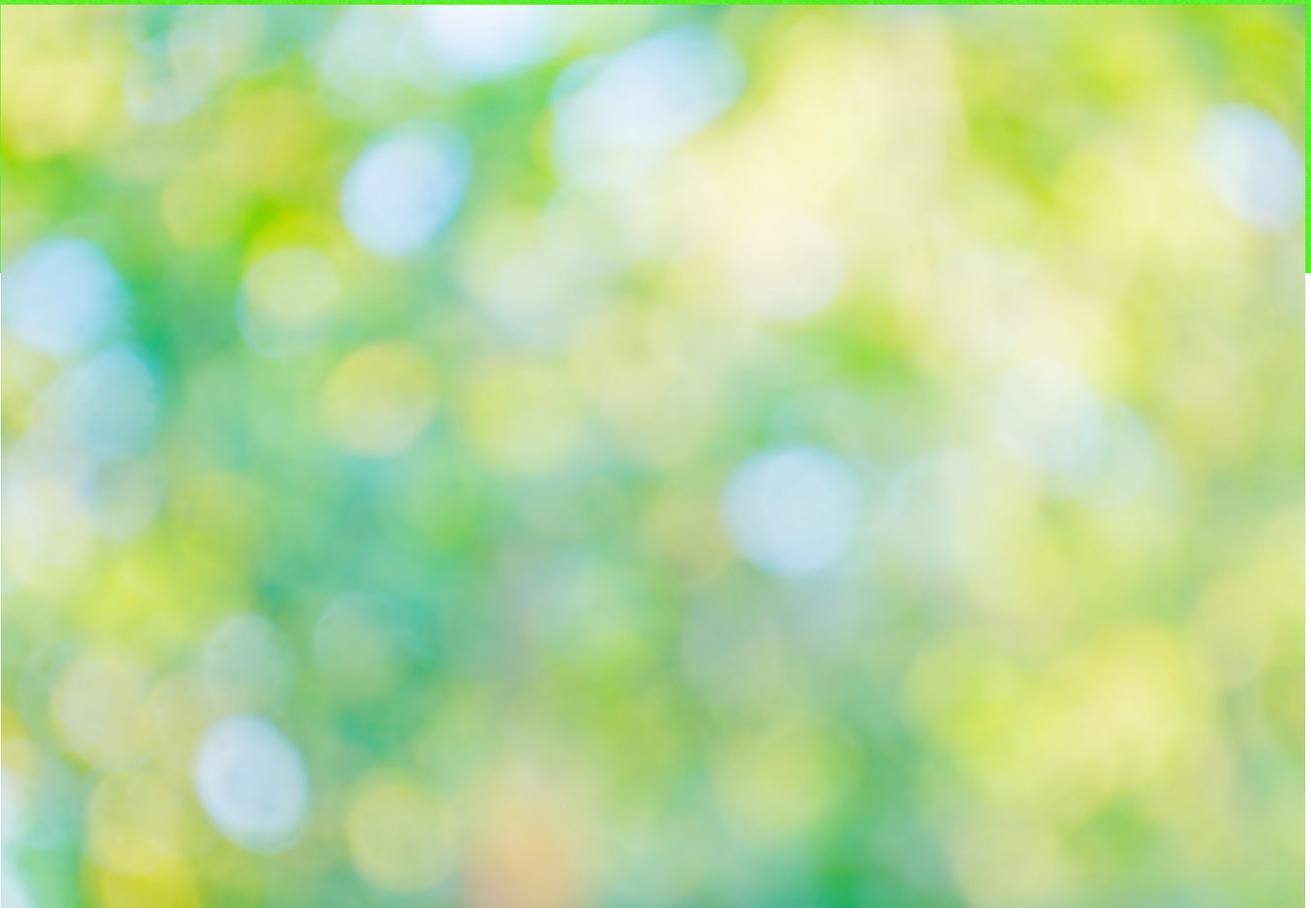


Self-Care Bingo Worksheet



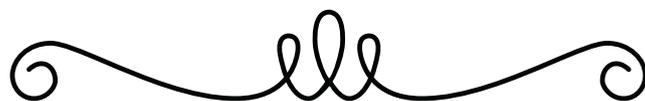
**Practical ways to look after
the whole person**

Self-Care Bingo



Instructions

1. Choose to be kind to yourself everyday this week
2. Print the bingo worksheet/s (Pages 5/6)
3. Choose 1 or more activities each day. Try to balance the week by choosing from the 4 columns, rather than focusing on only 1 or 2.
4. Mark them off on the worksheet as you do them
5. Review your worksheet. Did you take care of yourself in a balanced way this week?



Self-Care Bingo

Information

Self-care or self-indulgence?

In a world that's gone mad on the term, 'self-care', it makes it difficult as Christians to discern what is appropriate and what is indulgent. And often, when we have mental health issues, we tend to have a negative view of self, leading to feeling unworthy of self-care.

Self-care is not about spa baths, nail polish and gym memberships. Self-care is about looking after the intricately, 'designed by God', YOU. There are four areas of self that we need to consider, and it's all biblically based too. These four areas are: biological, psychological, social and spiritual. This is known as the 'Bio-Psycho-Social- Spiritual Model'. It's important to remember each of the four areas when you are considering your self-care activities. On the next page, you will find a short description for each.

Something that is really great about these four areas, is that they often overlap. For example, if you go for a walk with a friend, you are not only exercising (biological), but you are also connecting with someone (social). This in turn helps improve your mood (psychological). While walking, you and your friend might discuss the Bible study you did last week, so this becomes an encouragement spiritually too (spiritual).

It won't always work out you are covering all four areas at once, but it's good to keep in mind when trying to balance your self-care. Ask yourself, which areas did that activity cover?

Self-Care Bingo

Information

The Bio-Psycho-Social-Spiritual Model

Biological - Obviously, we are created as physical beings. Our body is the temple of the Holy Spirit. This makes it infinitely worth looking after (1 Cor 6:19)

Psychological - Our thought life matters, and the Bible has many verses that guide us on how to take care of ourselves psychologically (eg Philippians 4:8)

Social - we are created for connection. First and foremost, God wants us to be connected to Him. Secondly, He designed us to connect with others. There are many verses in the Bible about all types of relationships, from friendships to enemies, from employment to authorities, from biological to spiritual family. You only have to look at the 10 Commandments to understand the importance of relationships (Exodus 20:1-17).

Spiritual - We are spiritual beings also (1Thess 5:23). Consider the first commandment - "You shall have no other gods before Me". This shows that, as humans, we are wired to connect with something spiritually. Consider that every culture has some form of worship - and not only to do with religions. Think about the 'worship' that comes in our modern culture - sport, education, pleasure, and even self-indulgence. If we don't have a relationship with God the creator, we will find a relationship with something else to fill that void.

Each and every detail of you is UNIQUELY you. Understanding the way to properly self-care is important. Nurturing each of the four areas so that they draw you closer to God and reflect His glory, is ultimately the best way to love yourself.

Self-Care Bingo

Worksheet 1

Choose activities across all 4 areas and mark on the sheet when you have done each activity. See how many you can do this week!

Biological	Psychological	Social	Spiritual
Go for a walk	Write a gratitude list of 10 items	Call or text a friend	Pray
Drink relaxing herbal tea before bed	Think of 5 lovely things	Make a meal for someone	Memorise a Bible verse e.g. Phil 4:8
Eat a piece of fruit	Set a goal and do it	Send a gratitude email	Do a Christian Relaxation audio
Do some stretches	Research something new	Visit someone who is lonely	Read your favourite Bible story

Self-Care Bingo

Worksheet 2

Choose activities across all 4 areas and mark on the sheet when you have done each activity. See how many you can do this week!

Biological	Psychological	Social	Spiritual
Do something physical around the house eg gardening	Listen to some relaxing music	Send a 'thinking of you' card	Hand a worry over to God and leave it with Him
Avoid caffeine after 3pm	Try a new activity	Invite someone over for a coffee	Memorise a Bible verse e.g. Ps 96:2
Eat something highly nutritious	Do something that makes you laugh	Say 'yes' to an invitation	Do a Christian Relaxation audio
Walk up and down some stairs or a hill	Research something new	Ask someone to join you in an activity for charity	Find a few Bible verses about forgiveness