











Mindful Bride

Bridal Self-Care Bingo

Call a friend 	Breathe deeply	Eat mindfully	Speak honestly about feelings with someone you trust	Paint nails 
Do yoga poses	Listen wholeheartedly	Set a daily intention	 Watch party with a friend 	Engage in a simple meditation
Organize my closet	Listen to music & dance your heart out! 	FREE SPACE	Identify & manage your triggers (*with appropriate guidance)	Get a good night's sleep
Show appreciation to someone or self 	Take time each day to reflect	Pause between action 	Squeeze ice cubes or stress ball 	Journal
Be in the moment	Enjoy aromatherapy 	Ride a bike or take a walk	Write a letter to yourself 	Take a break from technology