
























LARK'S SONG

BURNOUT BINGO

Take care of yourself neighbor.

Get five in a row every week to increase
your well-being (because science says so)

Sat in natural light  for 15 min	baked homemade bread  or cookies 	had a sweet, sour and salty snack 	wore an article of clothing I love. 	identified  five sounds I heard outside
expressed gratitude to a living breathing human	inhaled essential oil blend 	had a meal with my best friend 	gave and received a hug 	listened to the well-being playlist 
gave myself a compliment in the mirror 	infused H2O with lemon and mint 	"STAYED ALIVE" 	expressed an  idea with clay	learned something new from a podcast
got 7-9 hours of  sleep	stopped and literally smelled the roses 	 tried a new recipe	carried a "gratitude rock" in my pocket 	sang in the shower + drove with my windows down 
created a piece of art 	 lit a candle for someone I love	enjoyed an herbal tea 	completed a yoga flow 	listened to a guided meditation 