

CHRONICBABE BINGO!

Cutify your pill boxes	Meditate	Organize your paperwork	Laugh at something illness-related	Do something better than someone who isn't sick
Paint your nails a funky color	Maintain a new self-care habit for at least one week	Thank one of your healthcare professionals	Write out your phone tree	Treat yourself to a healthy, homemade meal
Take yourself out on a date	Make an upbeat playlist	FREE SPACE: Sign up for our newsletter at ChronicBabe.com	Take a luxurious bubble bath	Buy a new cute (and maybe just comfortable) outfit
Read a book or magazine cover to cover	Let yourself relax! Try taking an awesome nap	Start a journal	Volunteer to help others less fortunate than you	Make your bed or do some small chore every day for a week
Write out some personal affirmations	Ask someone for help	Take time to enjoy something you haven't had time for	Make a conscious effort to watch your posture all week	Turn three complaints into compliments