

## Mental Health Bingo

Taking time to take care of your mental health needs are just as important as caring for your physical health. When we prioritise our emotional wellbeing, we perform better in every part of our lives— we're better colleagues, parents, friends, managers, and community leaders.

See if you can complete 5 tasks in a row in this Bingo Challenge in honour of Mental Health Awareness Month. Which ones will you do?

# MENTAL HEALTH BINGO

## spring|day

 <p>Eat slowly &amp; savor a meal</p>	 <p>Think of 3 good things in your life</p>	 <p>Work on a goal</p>	 <p>Perform a random act of kindness</p>	 <p>Be compassionate to yourself when you slip up</p>
 <p>Meditate for 10 minutes</p>	 <p>Thank someone you see every day</p>	 <p>Engage in a calming bedtime routine</p>	 <p>Spend quality time with a friend or family member</p>	 <p>See the world through someone else's eyes</p>
 <p>Watch the sunset or night sky</p>	 <p>Write a gratitude letter</p>		 <p>Give someone a "just because" gift</p>	 <p>Indulge in some self-care</p>
 <p>Take a mindful pause during a busy moment</p>	 <p>Tell a friend why you're grateful for them</p>	 <p>Get some exercise</p>	 <p>Shout a coffee for a colleague</p>	 <p>Say something kind to someone who needs a lift</p>
 <p>Cuddle with a pet or child</p>	 <p>Give thanks before a meal</p>	 <p>Spend time on a meaningful hobby</p>	 <p>Donate to your favorite charity</p>	 <p>Think of someone you've positively impacted</p>