

# MENTAL HEALTH BINGO

Complete 5 things in a row or diagonal to get BINGO. Email completed Bingo cards into [wellness@uwgb.edu](mailto:wellness@uwgb.edu) by 11/8/2024 to receive an incentive!

Unplug at least 30 minutes before bed

Try something new

Be Active

Allow yourself to rest

Do Yoga

Validate your own feelings

Get 8 hours of sleep

Cook a healthy & delicious meal

Have a hot drink

Give someone a hug

Take 10 deep breaths

Accomplish 1 item on your "to-do" list

Be kind to yourself & give yourself a FREE Space

Drink enough water

Go for a walk

Spend time outdoors

Ask for help

Declutter or organize your space

Compliment yourself

Set a new goal for yourself

Take 5 minutes of your day to meditate

Catch up with a friend

Laugh

Compliment Someone

Read a book