

# MENTAL HEALTH *Bingo*

Listen to a mental health podcast	Take a hot bath or shower	Share a cup of tea with someone	Reflect with loved ones	Journal on how you've grown this year
Start a new book or TV series	Write a thank you note to someone supportive	Hang with someone you look up to	FaceTime with friends	Make a new playlist
Share a story about someone you miss	Use a mental health app		Help decorate your space	Watch your fav cozy movie
Try box breathing	Take time to rest	Invite a friend to dinner	Attend a community event	Bake a sweet treat with loved ones
Sing or dance by yourself or with others	Play a board game or card game	Spend time outside	Offer to do the dishes	Take a social media break

Did you get BINGO!?  
Take a pic, share & TAG [@namimaine](https://twitter.com/namimaine)

**What other activities are in your wellness toolkit?**

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