

Mental Health Bingo

During the month of May, which happens to be Mental Health Awareness Month, practice developing some mind-healthy habits with a game of Mental Health Bingo. Pick one activity to do per day and try to get bingo this week!

Turn off your phone an hour before bed	Download a productivity app	Say something nice about yourself	Stretch for 10 minutes	Expose one anxious thought
List 5 things you are grateful for	Take a 10 minute walk	Read an inspirational book	Enjoy a phone-free meal	Immerse yourself in a calming scent
Find a mantra you like & repeat it throughout the day	Revisit an old hobby	Set two personal deadlines	Write in a journal	Check out a new podcast
Finish an overdue task	Create a mood boosting playlist	Clean out your inbox (15 minutes)	Download a mindfulness app	Create a nighttime ritual
Take a no-distractions walk	Expose one negative thought	Meditate for 10 minutes	Listen to something uplifting	Fix something that bugs you