Mental Health Bingo

MENTAL HEALTH BINGO

Name: _____ Date: _____ dd / mm / yyyy

MENTAL HEALTH ACTIVITIES

Mental Health Activities

- [ ] Take a walk
- [ ] Listen to something uplifting
- [ ] Enjoy a meal without your phone
- [ ] Learn a new hobby
- [ ] Enjoy some sunshine
- [ ] Smile in the mirror
- [ ] Read a book
- [ ] Watch aniFIs pirational movie
- [ ] Declutter your home or inbox
- [ ] Dance or move to your favorite song
- [ ] Eat a piece of fruit or vegetable
- [ ] Work on a goal
- [ ] Get a good night's sleep
- [ ] Do some deepbreathing
- [ ] Write down at least five things you are grateful for
- [ ] Revisit your old hobbies
- [ ] Talk to a friend or family member
- [ ] Fix something you've been putting off
- [ ] Turn off your phone before bed
- [ ] Write down anxious/upsetting thoughts
- [ ] Create a morning/evening ritual
- [ ] Repeat a mantra that will motivate you
- [ ] Complimentyourself
- [ ] Volunteer your time or perform a random act of kindness
- [ ] Take a break from social media