



Mental Health Month Bingo

Focus on the good. Write down 3 good things that happened this week.	May 2nd Webinar Mental Health Mini-Series Join The Grateful Mindset	Declutter your work area.	Avoid checking emails after dinner. You are at home, be relaxed and present in that moment.	Offer 3 sincere compliments to others today.
Plan a social activity with friends or family.	Sleep with your phone in another room for a week	Take deep breaths. Breathing can act as an anchor and help to return attention to the present moment.	Treat yourself to a simple pleasure. Maybe your favorite movie, getting a carwash, or planning your favorite meal.	May 9th Webinar Mental Health Mini-Series Join the Value of Setting Boundaries
Write in a journal to capture mindful reflections from the day.	Perform two random acts of kindness.	Boost resilience by fostering one relationship today.	Replace your to-do list with a been-done list.	Enhance resilience by setting boundaries with individuals or situations that make you uncomfortable.
Write one thing you are grateful for each night before you go to bed for a week.	Eat lunch outdoors. Take a break to enjoy the spring weather and soak in sunlight!	Read for at least 30 minutes today.	May 23rd Webinar Mental Health Mini-Series Join The Resilient Mindset	Practice positive self-talk. Give yourself 3 compliments today.
May 16th Webinar Mental Health Mini-Series Join Living Mindfully	Set the tone for the day by focusing on mindfulness first thing in the morning.	Recognize things that you can and cannot control. Commit to one thing that you can complete / accomplish.	Read The Art of Resilience article.	Take a break from social media today.