



# MENTAL WELLNESS BINGO



Try to fill your bingo card at least once a month

Faced one of my fears head-on	Got out of bed within 15 minutes of being awake	Treated my thoughts as just thoughts – not as facts	Reduced or stopped alcohol use	Changed out of bed clothes
Used a gentle easy manner with someone	Praised someone when I wanted them to repeat a behaviour again	Looked for a middle path through a problem	Focused on being effective instead of right	Treated myself with some compassion
Took medications as prescribed	Thought to myself, “I’m an OK person”	<b>PUT AN X ON COMPLETED ITEMS</b>	Did something kind for someone else when I didn’t feel like it	Noticed my emotions without reacting to them
Practiced describing situations instead of judging them	Avoided napping during the day	Reached out to an old friend to show them I care	Avoided extreme or harsh language	Had a social media vacation for a day
Completed a task that made me feel competent	Acted from my values - not from my mood	Ate food throughout the day in moderation	Did something fun	Got 10 Minutes of Exercise