

B	I	N	G	O
Write something uplifting and share with someone	Ask for help	Go for a 30 minute walk or run outside	Show compassion towards someone else	Perform a random act of kindness
Declutter your space	Take a moment for yourself	Read something that inspires you	Be kind to yourself and others	Share a positive story
Stop worrying about what others think	complete a puzzle	FREE	Begin your day with gratitude	Have an evening without screens
Journal or sketchbook	Spend 30 minutes doing yoga or meditation	Listen to a podcast	Have a conversation about mental health	Prepare a healthy meal
Go to bed early	Check in with someone you have not spoken to in awhile	Set a small goal for yourself this week and accomplish it	write 3 good things about yourself	Do something creative

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