Mental Health Bingo

Stay connected	Being creative	Engage in hobbies	Practice mindfulness	It's not weak to speak
Eat balanced meals	Speak up	Make time for fun	Break the silence	Practice gratitude
Relax	Stay hydrated	**FREE**	Breathing exercises	FREE
Get moving	Reach out	Get restful sleep	FREE	Journaling
Exercise regularly	Do things you enjoy	Manage stress	Sunlight	Eat healthy food

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Mental Health Bingo

Stay hydrated	Break the silence	Practice mindfulness	Eat balanced meals	Make time for fun
Engage in hobbies	Sunlight	It's not weak to speak	Do things you enjoy	Practice gratitude
Get moving	Breathing exercises	**FREE**	FREE	Being creative
FREE	Manage stress	Stay connected	Eat healthy food	Reach out
Get restful sleep	Journaling	Relax	Speak up	Exercise regularly

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Mental Health Bingo

Do things you enjoy	Manage stress	Break the silence	Journaling	Breathing exercises
Stay connected	Get moving	Get restful sleep	Speak up	It's not weak to speak
Relax	Eat healthy food	**FREE**	Reach out	FREE
Stay hydrated	Practice gratitude	Practice mindfulness	Sunlight	Engage in hobbies
FREE	Being creative	Make time for fun	Eat balanced meals	Exercise regularly

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