Mental Health Bingo

Stay connected	Being creative	Eat healthy food	Practice mindfulness	It's not weak to speak
Drink more water	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	Exercise regularly	Journaling
Engage in hobbies	Do things you enjoy	Manage stress	Sunlight	Eat balanced meals

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Mental Health Bingo

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

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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 balanced meals	**FREE**	Reach out	Exercise regularly
Stay hydrated	Practice gratitude	Practice mindfulness	Sunlight	Eat healthy food
FREE	Being creative	Make time for fun	Drink more water	Engage in hobbies

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