

Mental Health Bingo

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

Mental Health Bingo

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

Mental Health Bingo

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