

Mental Health Bingo

Name: _____

Date: _____

☐ Take a walk	☐ Do some deep breathing	☐ Listen to something uplifting	☐ Write down at least five things you are grateful for	☐ Enjoy a meal without your phone
☐ Revisit your old hobbies	☐ Learn a new hobby	☐ Talk to a friend or family member	☐ Enjoy some sunshine	☐ Fix something you've been putting off
☐ Smile in the mirror	☐ Turn off your phone before bed	☐ Read a book	☐ Write down anxious/upsetting thoughts	☐ Watch an inspirational movie
☐ Create a morning/evening ritual	☐ Declutter your home or inbox	☐ Repeat a mantra that will motivate you	☐ Dance or move to your favorite song	☐ Compliment yourself
☐ Eat a piece of fruit or vegetable	☐ Volunteer your time or perform a random act of kindness	☐ Work on a goal	☐ Take a break from social media	☐ Get a good night's sleep

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