



mental health bingo

 <p>Took a 10-minute walk</p>	 <p>Drank 8+ glasses of water</p>	 <p>Journaled your thoughts</p>	 <p>Listened to your favorite song</p>
 <p>Got 7+ hours of sleep</p>	 <p>Spent time off your phone</p>	 <p>Practiced deep breathing for 3 minutes</p>	 <p>Complimented someone</p>
 <p>Said “no” without guilt</p>	 <p>Reached out to a friend or coworker</p>	 <p>Did something creative</p>	 <p>Practiced gratitude (3 things you're thankful for)</p>
 <p>Stretched for 5 minutes during the day</p>	 <p>Laughed—really laughed</p>	 <p>Ate a nourishing meal</p>	 <p>Spent time outside</p>

