

Mental Health Bingo

Connect to a resource you've been meaning to

Do something you've been putting off

Make plans with a friend

Take a bath or shower

Volunteer or donate to a cause

Give someone a compliment

Celebrate a small accomplishment

Hug a pet or a friend

Paint, draw or write something

Breathe deeply

Enjoy a nature walk

Buy/make someone a 'just because' gift

Let someone know you're thinking of them

Sing/dance/listen to your favourite song

Do something kind for someone

Read a book

Start a new hobby just for fun

Journal

Cook a simple meal

Watch a movie without your phone

Reach out to someone when you're feeling low

Say no to something you don't want to do

Take a nap

Have a really good laugh

Make your favourite snack

