

MENTAL HEALTH BINGO

Practice being kind to yourself and your mind! Complete 5 items in a row to make a Bingo. Complete 3 "bingos" and turn in to Central Community Center or RecPlex by Monday, June 1 to be entered in a raffle to win 1 of 3 - \$50 MPPD Gift Cards!

Validate your own feelings

Call a family member

Try something new

Allow yourself to rest

Give someone a hug

No screen time 30 min before bed

Ask for help

Go for a walk in an MPPD Park

Take 10 deep breaths

Cook a healthy meal

Attend a Mt. Prospect Fitness Yoga Class

Spend time outdoors



Write down 5 things you're grateful for

Get 8 hours of sleep

Read a book

Set a new goal for yourself

Laugh

Make a "happy music" playlist

Declutter or organize your room

Call a friend

Morning affirmations

Meditate for 5 minutes

Compliment someone

Do something that makes you happy

Name:

Phone Number: