



Mental health is not just the absence of mental disorder. It is a state of wellbeing in which one realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

Welcome to Mental Wellbeing BINGO!

Dates: May 9th - 29th (3 weeks)

Over the next 3 weeks, you will be encouraged to complete activities that are important to mental wellness including: mindfulness, breath work, meditation, gratitude, digital detox, decluttering, connection, hydration, sleep hygiene and more!

To Play: Simply, cross off each square that you've completed on your "BINGO" card. Cross off as many squares as possible to win "BINGO" horizontally, vertically or diagonally. Prizes will be awarded via random drawing for 1 bingo line, 3 bingo lines, and blackout (entire card).

Return your BINGO card to _____ by May 30, 2022.

Full Name: _____ Email address: _____

B	I	N	G	O
Give a genuine compliment to someone you encounter today.	Every time your phone vibrates/rings today, pause for one breath before looking at it.	Dehydration can cause anxious feelings. Drink a large glass of water today.	Declutter part of your office / work space today to increase your feelings of calm.	Move your body today. Aim for 20 minutes or more.
Before going to bed, write down 3 things that you appreciated today.	Practice Belly Breathing today for 1 minute.	Thank someone who has recently helped you in some way.	Every time you feel the urge to check your phone, take a deep breath, then feel if you really need to check it.	Take 5-2 minute breaks today to simply follow your breath for mini meditations.
Take one full breath in and out before posting on social media, sending a text or email.	Declutter part of your home to increase your feelings of calm.	★	Avoid complaining today.	Commit to no screen time for 2 hours before bed today.
Reset your home tonight: do the dishes, put away clothes, etc for a calm morning.	Get at least 8 hours of sleep.	Drink a mindful cup of tea or coffee today, without distractions, focusing on smell & taste.	Open your windows today to let fresh air into your home today for at least a few minutes.	Move your body doing whatever feels good for at least 30 minutes.
Limit social media to 30 minutes or less today.	Spend at least 15 minutes in nature today.	Think of 3 things you're grateful for upon waking up.	Buy someone a coffee or tea today, maybe even someone you don't know.	Avoid screen time upon waking up for the first 30 minutes.



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Get at least 8 hours of sleep.

Drink a mindful cup of tea or coffee today, without distractions, focusing on smell & taste.

Open your windows to let fresh air inside of your home today for at least a few minutes.

Move your body doing whatever feels good for at least 30 minutes.

Limit social media to 30 minutes or less today.

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There are proven ways we can improve our moods and mental wellbeing. Each activity listed below not only gives us a quick boost of positive emotions, improving our performance and focus in the moment; but if performed habitually over time, each has been shown to help permanently raise our overall mental wellbeing.

- **Start with the Basics.** Make sure you are sleeping 7-8 hours every night, hydrating with water, and eating lots of plants (daily) from the rainbow. Reduce your intake of alcohol and caffeine. Alcohol can contribute to depression and caffeine can contribute to anxious feelings, even panic attacks. Poor nutrition and excess sugar can contribute to feelings of depression and anxiety. Lack of sleep can negatively affect one's mental health.
- **Mindfulness & Meditation:** Mindfulness and meditation practices have been extensively linked to easing symptoms of depression and anxiety, reducing emotional reactivity, improving concentration, increasing gray matter in the regions of the brain associated with memory, improving sense of self and empathy, improving cognitive functioning, reducing levels of the hormone cortisol, lowering blood pressure, increasing immune function and is linked to losing weight and cutting one's risk of heart attack in half. **How to:** Simply watch your breath go in and out. If you find your mind is wondering to other thoughts, simply bring it back to the breath. Try this for at least 5 minutes to begin.
- **Breathwork - Belly Breathing Exercise:** Sit or lie flat in a comfortable position. Put one hand on your belly just below your ribs and the other hand on your chest. Take a deep breath in through your nose, and let your belly push your hand out. Your chest should not move. Breathe out through pursed lips as if you were whistling. Feel the hand on your belly go in and use it to push all the air out. Do this breathing 3 to 10 times. Take your time with each breath. Notice how you feel at the end of the exercise
- **Commit Conscious Acts of Kindness:** Giving to friends and strangers decreases our stress levels and contributes to enhanced mental health. Scientific studies show that helping others boosts happiness. It increases life satisfaction, provides a sense of meaning, increases feelings of competence, improves our mood and reduces stress. It can help to take our minds off our own troubles, too. **How to:** Perform acts of kindness to friends and strangers. You must do these things deliberately and consciously. Hold the door open, pay for someone's coffee, write a short and positive note to someone.



"Meditation is like a gym in which you develop the powerful mental muscles of calm & insight."

~Ajahn Brahm



- **Infuse Positivity into your Surroundings:** Our physical environment has a tremendous impact on our happiness. Messy homes and work spaces leave us feeling anxious, helpless, and overwhelmed. **How to:** Hang up pictures of loved ones at your office or other inspiring pictures and look at them each day, declutter your space, try watching less TV (especially violent TV - even the news), and take time to go outside (20 minutes outside in nice weather has been proven to boost your mood).
- **Exercise:** Exercise not only releases feel-good chemicals called endorphins, but also boosts our mood and reduces stress while allowing us to get into flow. "Exercise has also been studied as an alternative treatment to the traditional antidepressant medications and cognitive-behavioral therapies used for depression. The Cochrane Review (the most world-renowned review of its kind) has produced a landmark meta-analysis of studies on exercise and depression. Twenty-three studies were rigorously selected amongst a pool of over 100 studies. Based on collective evidence, it was concluded that exercise has a 'large clinical impact' on depression," (www.pursuitofhappiness.org). **How to:** Do whatever you enjoy! Walk, bike, play with your kids.
- **Practice Gratitude:** There's a growing body of research on the benefits of gratitude. Studies have found that giving thanks and counting blessings can help people sleep better, lower stress and improve interpersonal relationships, and writing it down can amplify the benefits! **How to:** Consider starting a gratitude journal or gratitude bullet list, with a goal of writing down three good things everyday.
- **Choose Your Joy:** Think about other things that boost your joy and practice it. Maybe that's taking time to create, cook, garden, dance, write, or organize your closet. Whatever that may be, do it!

"Almost everything will work again if you unplug it for a few minutes... Including you."
~Anne Lamott

