

# BINGO

## Mental Health Wellness

<b>Go for a walk</b>	<b>Relax in a Hammock</b>	<b>Give someone a sincere compliment</b>	<b>Spend some time with your pet (or the neighbors!)</b>	<b>Spend time in a forest</b>
<b>Watch the sunrise</b>	<b>Take a nap</b>	<b>Dig in some dirt - plant a flower or pull a weed</b>	<b>Cook your favorite meal</b>	<b>Drive a new route to work</b>
<b>Eat freshly picked berries</b>	<b>Journal your thoughts and feelings for a day</b>	<b>FREE</b>	<b>Watch a funny movie or video</b>	<b>Connect with a friend</b>
<b>Paint something - a picture, a stone, wall</b>	<b>Tell yourself "I LOVE YOU" in the mirror 10x</b>	<b>Dance</b>	<b>Text a friend</b>	<b>Take a 1 hour or 1 day social media break</b>
<b>Stretch</b>	<b>Take 3 long, slow breaths</b>	<b>Think of 3 things for which you are GRATEFUL</b>	<b>Buy yourself flowers</b>	<b>Doodle</b>

**The Therapy Collaborative, LLC**

### How to Play:

Print off this card

Mark off the activities when you do them

5 across, 5 down or 5 diagonally wins!

Extra credit (and a double entry!) if you do COVER ALL

Email us a picture of your BINGO card when you have reached BINGO and/or COVER ALL

email: [therapycollabohio@gmail.com](mailto:therapycollabohio@gmail.com)

Or - post a picture on your Social Media and tag us (The Therapy Collaborative, LLC)

