

Take a moment to destress...

Mindfulness Bingo

Wake up early	Take 10 deep breaths	Eat deliberately	Speak honestly	Read a book
Relate kindly	Listen wholeheartedly	Set a daily intention	Take one deep breath	Focus on an object in the room for 5-10 minutes
Walk slowly	Listen to an upbeat song	FREE SPACE	Write your thoughts	Take a break from technology
Show appreciation	Take time each day to reflect	Pause between action	Get lost in the flow of doing what you love	Facetime with a loved one
Be in the moment	Pay attention to nature	Notice your thoughts	Declutter one space	Get a good night's sleep

Your mental health matters