



Turn in your completed card (TWO completed rows) by the end of FEBRUARY for a prize AND a chance to win one of three gift cards!

Drawing on Feb. 27

MENTAL HEALTH BINGO

Try out a yoga class.	Say no to something you don't have time for.	Take a nap.	Talk to someone about what you are going through.	Check on someone who might need to talk.
Write a list of 10 things you're grateful for.	Replace a negative thought with a positive one.	Set a routine for studying and stick with it.	Take a social media fast. (At least 5 hours, not including sleep!)	Take time to help out a friend.
Work out at the gym.	Listen to music.	FREE SPACE	Try a meditation app like Headspace.	Take time in the morning to pray or read the Bible.
Cook a healthy dinner.	Write down an affirmation and say it to yourself regularly.	Create a craft.	Write in a journal.	Write a card and mail it.
Take a relaxing walk.	Spend time outside.	Take ten deep breaths. Count each exhale up to 10.	Avoid procrastination: do something you'd like to avoid early so it's finished.	Say something kind to yourself in the mirror.

