



# Self-Care Activity

# Mental health matters

## BINGO CHALLENGE

Practicing self-care helps establish a holistic well-being of oneself. It promotes positive mental health, helps keep us grounded and can reduce the effect of stress in our lives.

Try to challenge yourself, friends, family or co-workers to complete as many self-care activities as you can.

**You are not alone**

Go for a walk or jog	Discover a new author or musician 	Cook a healthy meal	 Take a soothing bath or shower	Meditate 
 Go to bed early	 Watch a movie	Have a quiet moment with coffee or tea	 Paint, draw or craft	Write a positive affirmation and place it where you'll see it everyday
Talk to a loved one about your feelings	Create a gratitude list		Practice deep breathing	Have a good laugh 
 Stretch or practice yoga	Do a sudoku, crossword or jigsaw puzzle	Dance or sing like no one is watching 	Make a mood or vision board	Make a to-do list
Cuddle a pet or look up cute animals online 	Take a social media break	Connect with an old friend	Write in a journal	Set a goal 