

Mental Wellness

BINGO

Take a break from screens for 1 hr	Reflect on 1 positive thing from your day	Eat something nourishing	Complete an everyday task mindfully	Listen to music that makes you feel good
Learn something new	Reflect on your values and goals	Talk to someone you care about	Complete something on your to-do list	Take a few moments to rest
Explore the outdoors	Celebrate a win (big or small)	Do something kind	Give yourself a hug	Express yourself in writing
Get a full night's sleep	Get moving! (Stretch, walk, etc.)	De-clutter an area in your home or workplace	Breathe deeply for 5 minutes	Set an intention for the day
Plan or do something enjoyable	Do something creative	Write down 3 things you're grateful for	Appreciate the small things in life today	Treat yourself to something you love

Completing this bingo card can be a motivating and fun way to prioritize your mental wellness throughout Mental Health Week. **Good luck!**

- › Download or print this bingo card.
- › Complete the activities throughout UW Mental Health Week (May 5-9).
- › Cross off the activities as you complete them.
- › Aim to get a line of 5 completed activities
- › Submit your completed card to studentwellness@uwinnipeg.ca to be entered into a draw for a self-care prize pack.



THE UNIVERSITY OF WINNIPEG

** Must be a UW student, staff or faculty to be entered into the draw.*

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