

HEALTHY MINDS • HEALTHY SCHOOLS • HEALTHY NEW YORK



# Wellness Bingo

Watch a movie.	Look up DIYs and build something.	Plan to get a full 8 hours of sleep.	Go for a hike.	Learn something new.
Volunteer virtually.	Try a new recipe.	Listen to your favorite music.	Grab a virtual lunch or coffee with a friend.	Play a game.
Create breaks in your work schedule.	Get physical - do an hour of physical activity.	<b>Free Space</b>	Call to a friend or family member who you haven't seen in a while.	Meal prep for the week for a healthy lunch.
Look up DIYs and build something.	Rearrange your living or workspace.	Spend an hour doing something you enjoy.	Set a goal of 8 glasses of water for the day.	Watch episode of your favorite TV show.
Do some mindful breathing.	Take a virtual tour.	Read for an hour.	Eat lunch outside.	Before or after work take a walk.



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