

inspired

[to make healthy choices]

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Caring for Your Mental Health

Making mental wellness a priority
can improve your quality of life!

Your mental health influences your ability to engage in daily activities, maintain relationships, cope with challenges and much more. Caring for your mental health is an intentional practice.

Check out the Mental Wellness Bingo challenge below and try different ways to complete a line this month!

Mental Wellness Bingo

Get a good night's sleep	Write in a gratitude journal	Connect with a friend	Eat a healthy meal	Go outside
Spend some time alone	Master a new skill	Do yoga	Do a digital detox	Listen to music
Exercise	Read a book		Meditate	Take a work break
Do some deep breathing	Take a walk	Declutter a space in your home	Practice a hobby	Compliment yourself
Call someone you love	Avoid alcohol and drugs	Watch your favorite TV show or movie	Laugh	Drink plenty of water

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