

MENTAL HEALTH

B I N G O

<p>EXPLORE A NEW HOBBY</p> 	<p>REACH OUT TO AN OLD FRIEND</p> 	<p>GO FOR A WALK, RUN OR BIKE RIDE</p> 	<p>PAY FORWARD AN ACT OF KINDNESS</p> 	<p>REDUCE SOCIAL MEDIA VIEWING FOR A DAY</p> 
<p>SEND A THINKING OF YOU CARD</p> 	<p>MAINTAIN A ROUTINE</p> 	<p>FIND A PAINT PROJECT</p> 	<p>REDUCE USE OF ALCOHOL AND DRUGS</p> 	<p>SEND A CARE PACKAGE</p> 
<p>PERFORM GARDEN / YARD WORK</p> 	<p>TELEPHONE OR VIDEO CALL A FAMILY MEMBER</p> 		<p>CHECK IN ON AN ELDERLY NEIGHBOUR</p> 	<p>GET PLENTY OF SLEEP</p> 
<p>READ A BOOK OR MAGAZINE</p> 	<p>PARTICIPATE IN AN ONLINE SOCIAL GROUP</p> 	<p>EAT NUTRITIOUS MEALS</p> 	<p>OFFER TO SHOP FOR SOMEONE WHO IS VULNERABLE.</p> 	<p>WORK ON A PUZZLE</p> 
<p>LISTEN TO MUSIC & MAKE A PLAYLIST</p> 	<p>PLAY A CARD / BOARD GAME</p> 	<p>DRINK PLENTY OF WATER</p> 	<p>MAKE A DONATION TO A LOCAL CHARITY</p> 	<p>LIMIT EXPOSURE TO COVID-19 NEWS BROADCASTS</p> 