



mental health challenge

Join **South-Central's Suicide Advisory Board** Mental Health Challenge by prioritizing your own self care throughout **May's Mental Health Awareness Month**. We invite you to participate in our Mental Health Matters **Bingo & Walking Challenge!**

Self-Care Bingo

B I N G O				
Enjoy some quiet time & "unplug."	Try something new.	Be Active.	Give yourself permission to take a break.	Make a gratitude list.
Validate your own feelings.	Get 8 hours of sleep.	Cook a healthy & delicious meal.	Drink enough water.	Take a bath or hot shower.
Take 10 deep breaths.	Accomplish 1 item on your "to-do" list.	Be kind to yourself & give yourself a FREE space.	Compliment yourself.	Set a new goal for yourself.
Spend time outdoors.	Ask for help.	Declutter or organize your space.	Listen to music.	Go for a walk.
Allow yourself to rest.	Catch up with a friend.	Laugh.	Be kind to someone.	Read a book.

Participants should mark the square once a self-care activity is completed. Once a player gets a full line (vertical, horizontal or diagonal) or a FULL card you have won your game of BINGO and have done an excellent job of practicing self-care!

Walking Challenge



Walking is proven to: reduce anxiety & stress, improve your mood, sleep, energy & memory, and helps prevent/ manage chronic disease.

Use the hashtag #iwalkformentalhealth on social media any time you step out to walk.

When you participate in BINGO and/or the walking challenge, submit your entries using the link, <https://bit.ly/MHMay23>, or email Taylor Gainey at TGainey@bhcare.org to let us know which activity you completed and would like to be entered to win a gift card.

Scan the QR Code to access all the information specific to the Mental Health Challenge including the bingo card, submission form & calendar.



MENTAL HEALTH matters



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