Behavioral Health Bingo

Self-care is an important part of mental health care, supporting your emotional, psychological and social well-being. Taking the time to do things that help you live well, can help manage stress, lower risk of illness and increase energy. Self-care looks different for everyone. Our Behavioral Health Providers created this bingo sheet with tips to get you started with self-care. Challenge yourself, or ask family or friends to join in. When you get four in a row - give yourself or each other a prize!

I took a walk	I set a boundary with screen time	I participated in a mindfulness activity	I spent time on something that is just for me
I made a health care or behavioral health appointment I have been putting off	I protected my sleep time	I made time for intentional relaxation	I did at least 3 minutes of deep breathing
I planned and ate a nutritious meal	I practiced Gratitude	I left my desk for lunch!	I wrote in a journal
I said "no" to something that I don't have the capacity for	I planned a get together (in-person or virtual) with a friend	I stayed hydrated	I created something I felt good about

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Contact your primary care physician for a referral to a Behavioral Health Specialist

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