



**Gateway Longview**  
protect • enrich • give hope

# Mental Health Month BINGO!

*Below are some positive ways you can practice self-care. Play along all week with your family!*

I ate a healthy breakfast	I made time for self-reflection	I exercised	I read about ways to support my mental health	I enjoyed nature
I reached out for help when I needed it	I read a book just for me	I meditated today	I spent time with friends	I made a health appointment
I took time to write in my journal	I wore my favorite piece of clothing	<b>FREE SPACE!</b>	I got enough sleep	I tried a new healthy recipe
I talked about mental health with my peers	I stayed connected with my friends	I made something	I spent time away from screens	I found something that made me laugh
I took a break at work (or school) today	I rested today	I learned something new today	I set a healthy boundary	I wrote a note to a friend

Visit our website to learn more about our services!

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