

October Bingo

TAKE A MOMENT FOR YOURSELF: CHECK OFF THESE 9 SIMPLE ACTIONS FOR BETTER MENTAL HEALTH THIS OCTOBER



<p>Did you try journaling your thoughts and feelings? <i>Writing helps process emotions and reduce mental clutter.</i></p>	<p>Did you cook a healthy meal for yourself? <i>Nourishing your body with good food can support mental clarity and energy.</i></p>	<p>Did you take a break from social media? <i>Unplugging from social media reduces comparison and mental overload.</i></p>
<p>Did you stretch or do yoga for 10 minutes? <i>Movement releases tension in the body and promotes relaxation.</i></p>	<p>Did you set boundaries and say no to something stressful? <i>Setting boundaries helps prevent burnout and emotional overwhelm.</i></p>	<p>Did you write down 3 things you're grateful for? <i>Gratitude shifts your focus from negative thoughts to positive ones.</i></p>
<p>Did you go for a walk? <i>Fresh air and nature can reduce stress and boost your mood.</i></p>	<p>Did you declutter one space in your home? <i>Organizing your surroundings can help clear your mind and reduce stress.</i></p>	<p>Did you have a solo dance party? <i>Dancing releases endorphins, reduces stress, and gives you an energy boost.</i></p>