

Brain Boost Bingo

MENTAL
HEALTH
WEEK

Mental Health Week (May 5 to 11) is a time to focus on your well-being and find ways to nurture your mental health. This year, think of small ways to incorporate wellness activities in your daily life and take notice of how it feels to prioritize your mental health for one week.

HOW TO PLAY

Complete the wellness activities and check them off as you go. Submit one picture with your name and phone number to Compass at **communications@compassne.ca**. Your name will be entered into a draw to win one of three \$25 gift cards of your choice. **Note:** Photos and contact information will not be shared publicly and are only to help validate an activity was completed.

 <p>Stay curious! Learn something new.</p>	 <p>Listen to an uplifting podcast or TED talk (youtube.com).</p>	 <p>Practise mindfulness. Use this Mindful Moments poster (PDF).</p>	 <p>Use this What's Your Spark? Activity (PDF) to practise your strengths.</p>	 <p>Practise active listening—give someone your full attention.</p>
 <p>Have a screen-free evening, focus on real-life connections.</p>	 <p>Practise a passion or favourite hobby.</p>	 <p>Write down one thing you're looking forward to and why it excites you.</p>	 <p>Do a random act of kindness.</p>	 <p>Discover trails near you with Rainbowroutes.com or the AllTrails app.</p>
 <p>Journal about an accomplishment and how it made you feel hopeful.</p>	 <p>Capture moments of gratitude, joy and beauty, around you.</p>	FREE <p>What is your go-to mental wellness activity?</p>	 <p>Declutter your home, school, or workplace.</p>	 <p>Savour a meal; colour, smell, texture, and/or taste.</p>
 <p>Check in with a friend, family member, or colleague.</p>	 <p>Write a kind letter to yourself.</p>	 <p>Get creative! Make a vision board.</p>	 <p>Try a breathing exercise (eMentalHealth.ca).</p>	 <p>Listen to your favourite song.</p>
 <p>Offer to help someone.</p>	 <p>Get active! Dance, throw a ball, or walk the dog.</p>	 <p>Use the Mental Health Week Toolkit (cmha.ca). Learn more at MentalHealthWeek.ca</p>	 <p>Have a good night's sleep (phsd.ca).</p>	 <p>Look in the mirror and give yourself a compliment.</p>