

MENTALLY HEALTHY HABITS BINGO

Challenge yourself to complete a diagonal, horizontal or vertical line by the end of the week. Or aim for a full board - BINGO!

expressed my boundaries	read a book	8+ hours sleep	celebrated my wins	called a friend
made my bed	meditated	messed a friend	donated to charity	listened to a favourite song
30+ minutes of gentle exercise	watered the plants	FREE SPACE	1+ hour device free time	ate a meal mindfully
enjoyed 10 minutes of sunshine	organised my desk / room	bubble bath or relaxing shower	mindful stretches or yoga	tried a new hobby
did something creative	volunteered my time	stuck to a morning routine	visited a friend	cooked a wholesome meal

WA Mental Health Week 2026

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WA Association for Mental Health

