

# Better mental health bingo card



<b>Volunteer locally</b>	<b>Do some exercise</b>	<b>Read a book</b>	<b>Get a good night's sleep</b>
<b>Treat yourself</b>	<b>Manage the time you spend online</b>	<b>Spend time with friends</b>	<b>Listen to music</b>
<b>Eat a healthy and balanced diet</b>	<b>Practice mindfulness</b>	<b>Spend time in nature</b>	<b>Watch a film or TV show</b>

