

FSAP's Mental Health Bingo

Complete a To-Do item	SING out loud!	Ask for something you need	Disconnect from technology/work for an hour
Stand up & stretch	Write down 3 things you are grateful for today	Write down your most recent funny story	Say “no” to something that drains your energy
Mindfully savor a meal	Practice 10 min of guided meditation 2x this week	Review the HR Wellbeing site: hr.ucsf.edu/wellbeing	Go for a 15 min walk (or sit) outside
Do a random act of kindness	Make (any) fun plan for 2 weeks from now	Contact a friend (or loved one) & have a conversation	Check your Behavioral Health Benefits

