

SJAM's Mental Health Week



BINGO



You've got this! Take care of your mind.

B	I	N	G	O
 Got at least 8 hours of sleep	 Drank a whole water bottle today	 Talked to someone about my day	 Spent 30 minutes doing something I love	 Spent at least 30 minutes outside
 Less than 1.5 hours of screen time today	 Helped someone today	 Took 5 deep breaths when I felt stressed	 Spent quality time with family	 Listened to music that makes me feel good
 Ate a healthy meal	 Write down something I'm grateful for	 FREE SPACE	 Went for a walk or got some fresh air	 Said something kind to myself
 Laughed today	 Tried something new	 Took a break when I needed it	 Talked to a friend	 Did a hobby (art, sports, music, etc.)
 Got organized (planner, backpack, or space)	 Asked for help if I needed it	 Practiced positive thinking	 Did something kind for someone else	 Screen-free for 1 hour before bed

REMEMBER: Small steps still count. Be kind to yourself! 