



INSPIRED TO CHANGE

GET better, COPE better, BE better

August Wellbeing Bingo

How to play: Tick off each action as you go, celebrate completing a line (or a full house) and notice how you feel along the way.

What small action will you take today?

REST & RECHARGE				
Spend quality time with someone	Have an early night	Notice what helps you relax	Share a laugh	Take a slow walk
Reflect on your progress	Accept help from someone	Spend 10 minutes outdoors	Focus on what you've achieved	Say thank you to someone
Read for pleasure	Be kind to yourself	Enjoy a relaxed conversation	Enjoy a technology-free hour	Appreciate a simple pleasure
Check in with someone	Stretch your body	Notice when you feel calm	Share something you're grateful for	Listen to calming music
Give yourself permission to rest	Sit quietly for 5 minutes	Tell someone you appreciate them	Take a proper lunch break	Celebrate doing enough
Positive Thoughts Positive Actions Positive Interactions				