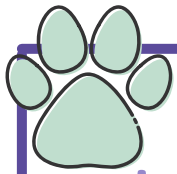


Wellbeing Bingo

Try to complete this wellbeing bingo!
You may even find something you like...



Spend
time with
a pet

Catch up
with a
friend



Go for
a walk

Plan
something
fun

Listen to your
favourite
music

Reach out to
a loved one

Ask for
help

Try a yoga
session



Watch a
new
movie



Cross an item
off your
'To Do List'

Do some
skincare

Try 5
minutes of
meditation



Do some
cleaning

Write down
something
good that's
happened

Pamper
yourself

