

Mental Health Awareness Month **BINGO**

A collaboration between  **Foundation 2** & **Crisis Services**

Name: _____ Email: _____ Phone: _____

Take a 10 minute walk	Increase your water intake	Do 5 minutes of stretching	Try something new	Spend time in nature
Listen to calming music	Ask someone how they're doing and really listen	Try a short meditation or mindfulness practice	Read a book or short story	Call or text a friend
Set a small, achievable goal for the day	Reflect on something you're proud of	Share picture of one of your mental wellness activities!  Or send to info@foundation2.org	Practice deep breathing	Eat a balanced meal
Watch a funny video that makes you laugh	Step away from screens for 30 minutes	Take the stairs instead of the elevator	Sit in the sunlight for a few minutes	Spend time with a pet or animal
Share a positive memory with someone	Write down a few things you're grateful for	Light a candle or use calming scents	Listen to your favorite music or podcast	Do something kind for someone

Turn in completed card through May 31 for a chance to win a gift card to STACK Wellness Cafe. Turn in a completed standard bingo card to be eligible for one of four \$50 gift cards. Turn in a completed black out card to be eligible to win one of two \$150 gift cards.



**Sometimes life is tough.
It's important to know when to ask for help.**

Please reach out if you or someone you know is experiencing mental health concerns, especially if a problem is making it hard to get through the day or is getting worse.

Warning signs of a mental wellness concern can include:

- Eating or sleeping too much or too little
- Pulling away from people and things
- Having low or no energy
- Feeling numb or like nothing matters
- Feeling hopeless or helpless
- Unable to get rid of trouble thoughts and memories
- Thinking of hurting or killing yourself or someone else
- Unable to perform daily tasks

Our caring, non-judgmental counselors are here to support you or a loved one at **319-362-2174**.
You can also call or text 988.

It's free, confidential and available 24/7.
Visit foundation2.org to learn more.

