

# Well-Being Bingo

November is Mental Well-Being Month! To complete this challenge, try new mental well-being strategies to get BINGO and be entered into a raffle.



Attend a CAPS Wellness Event	Go to a Multifaith Event	Put Down Your Phone for 30 Minutes	Journal	Clean Your Room
Take a Study Break	Make Some Art	Make a Goal List	Attend a CAPS Wellness Event	Exercise for 30 Minutes
Take a Nap	Drink a Glass of Water	Free Space	Video Call a Friend From Home	Write 5 Things You Love About Yourself
Take a Long Shower	Eat a Fruit or Vegetable	Go for a Walk	Watch a Funny Movie	Attend a CAPS Wellness Event
Have a 5 Minute Dance Party	Attend a CAPS Wellness Event	Try a Meditation Practice	Go to Bed 30 Minutes Early	Make a Gratitude List

Bring this card to the Fireplace Lounge on Friday 12/1 (11:00-2:00) to be entered into a raffle!

Bates Email: \_\_\_\_\_