


# MENTAL HEALTH MONTH BINGO CHALLENGE

Use the 20-20-20 rule when looking at a screen (Look 20ft away, every 20min for 20 sec)	Review and refine your finances (we have financial counselors available thru our EAP)	Commute to Work (or grocery store, etc) via bicycle or walk (or bus)	Stay hydrated – drink at least 64ounces of water	Spend time with a furry friend, if you don't have one, volunteer at an animal shelter
Take time for a short stretch in your day – <a href="#">try this 9min chair yoga video</a>	Try some of these <a href="#">Gut-Brain Food combos</a>	Writing for health – check out <a href="#">this list of journal prompts for self-reflection</a>	Take a social media break for the day and notice the benefits	Check in with a co-worker you haven't checked in with in a while
Aim for 7 to 8 hours of sleep tonight	Find some time to move your body today in whatever way feels right for you	<b>FREE</b>  <b>BRIDGE</b> <small>TO WELLNESS</small> <small>CITY OF DULUTH • DAA • DECC • HRA</small>	Check in on your own mental health – <a href="#">take a mental health test</a>	<a href="#">Volunteer with Parks or one of Parks Partners</a>
Take a 1-hour break from your smartphone	Share an inspirational podcast or resource with a co-worker	Go somewhere you've never been or take a different route to your destination	De-clutter your home by donating old clothes, toys, books, etc.	Practice a relaxation exercise such as <a href="#">this bodyscan video</a>
Use the <a href="#">mental health grocery list</a> when you do your weekend shopping	Take a walk in nature	Write a handwritten thank you note to someone you feel mentored you	Challenge yourself to refrain from any unnecessary spending today	Laugh intentionally – watch a funny online video, movie, or hang out with someone who makes you laugh

**NOTE:** To be eligible for BINGO prizes, please indicate which horizontal, vertical, &/or diagonal line(s) you have completed and which activity was your favorite -email to [ahohenstein@duluthmn.gov](mailto:ahohenstein@duluthmn.gov)