



Mental Health Bingo Story Sheet: Justifications and Benefits

1. **Practice 10 min of guided meditation 2x this week** - Regular meditation practice has been shown to reduce stress, improve focus, and promote relaxation, contributing to better mental well-being with consistent practice.

Personal Experience: _____

2. **Mindfully savor a meal** - Practicing mindful eating can enhance appreciation for food, reduce overeating, and promote relaxation during meals, fostering a positive relationship with food and promoting mental wellness.

Personal Experience: _____

3. **Disconnect from technology/work for an hour** - Taking breaks from technology and work-related tasks helps reduce mental fatigue, prevent burnout, and promote a sense of balance and relaxation.

Personal Experience: _____

4. **Complete a To-Do** - Accomplishing tasks provides a sense of achievement, boosts self-esteem, and reduces feelings of overwhelm, contributing to improved mental health and well-being.

Personal Experience: _____

5. **Go for a 15-minute walk (or sit) outside** - Spending time in nature has been shown to reduce stress, improve mood, and increase feelings of vitality, supporting overall mental well-being.

Personal Experience: _____

6. **Contact friend/loved one & have a conversation** - Social connection is essential for mental health, and engaging in meaningful conversations with loved ones can provide support, reduce feelings of loneliness, and boost mood.

Personal Experience: _____

7. **Stand up and stretch** - Taking breaks to stretch helps relieve muscle tension, improve circulation, and increase energy levels, promoting physical comfort and mental alertness.

Personal Experience: _____

8. **Ask for something you need** - Assertiveness is important for setting boundaries, expressing needs, and maintaining healthy relationships, contributing to improved self-esteem and reduced stress.

Personal Experience: _____

9. **Look at: HR Wellbeing page:** hr.ucsf.edu/wellbeing - Exploring resources for well-being can provide valuable information and support for managing stress, improving resilience, and enhancing overall mental health.

Personal Experience: _____

10. **Do a random act of kindness** - Acts of kindness towards others promote feelings of happiness, fulfillment, and connectedness, contributing to improved mood and overall well-being.

Personal Experience: _____

11. **Make any fun plan for two weeks from now** - Looking forward to enjoyable activities provides a sense of anticipation and excitement, boosting mood and motivation in the present moment.

Personal Experience: _____

12. **Write down your most recent funny story** - Reflecting on humorous experiences and laughter can reduce stress, enhance mood, and promote emotional resilience, contributing to improved mental well-being.

Personal Experience: _____

13. **Sing out loud** - Singing can release endorphins, reduce stress hormones, and promote relaxation, leading to improved mental and emotional health.

Personal Experience: _____

14. **Write down three things you're grateful for today** - Research suggests that practicing gratitude can lead to increased feelings of happiness, improved overall well-being, and reduced symptoms of depression and anxiety. By regularly reflecting on things we're grateful for, we train our brains to focus on positive aspects of life, fostering a sense of appreciation and contentment.

Personal Experience: _____

15. **Check your behavioral health benefits** - Utilizing available behavioral health benefits can provide access to support services, therapy, and resources to address mental health needs and promote overall well-being.

Personal Experience: _____

16. **Say no to something that drains your energy** - Setting boundaries and saying no to commitments that deplete energy can help protect mental and emotional well-being, preserving resources for activities that are fulfilling.

Personal Experience: _____