

WELLNESS THROUGH CONNECTION

A Bingo Challenge in Honor of Mental Health Awareness Month



ASK FOR
AND LET
SOMEONE
HELP YOU

THANK
SOMEONE
TODAY

LISTEN WITH
INTENT

SHARE YOUR
SKILLS OR
KNOWLEDGE

SHARE A
POSITIVE
MEMORY
WITH
SOMEONE

WRITE A
THANK YOU
NOTE OR
MESSAGE TO
SOMEONE

HOLD THE
DOOR FOR
SOMEONE

PARTICIPATE IN
A GROUP
ACTIVITY

LET SOMEONE
KNOW THEY
MATTER

SHARE A
COMMUNITY
RESOURCE

HELP
SOMEONE
WITH A TASK

GO FOR A
WALK WITH
SOMEONE

FREE
SPACE

SHARE A
LAUGH WITH
SOMEONE

ASK "HOW
CAN I
SUPPORT
YOU?"

COMPLIMENT
SOMEONE
SINCERELY

LISTEN
WITHOUT
INTERRUPTING

PERFORM A
SMALL ACT OF
KINDNESS

VOLUNTEER
AT A LOCAL
NON-PROFIT

MAKE
PLANS
WITH
SOMEONE

CHECK IN
WITH A
LOVED ONE

SHARE
SOMETHING
YOU'RE
GRATEFUL
FOR

EAT A MEAL
WITH
SOMEONE

SEND A
"THINKING
OF YOU"
TEXT

PUT PHONE
AWAY
WHEN WITH
OTHERS

Instructions on back.

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Join us in celebrating Mental Health Awareness Month this May by taking small steps to connect with yourself, others, and your community. The Wellness Through Connection Bingo Challenge is a simple way to build connection into your everyday life. Each square on the card represents a small, meaningful act of connection, because staying connected is one of the most powerful ways to support mental wellness.

To participate, complete activities on your bingo card and try to get bingo by completing 5 squares in a row before the end of May. When you get bingo, let us know by scanning the QR code or visiting <https://forms.gle/Edcp6Wwii3uF12j97> to complete a simple form. Everyone who submits the form before the end of May will be entered for a chance to win a prize.

In the spirit of the month, we encourage you to keep completing squares even after you get bingo, because every act of connection makes a difference!

