

MAY 2021

MENTAL HEALTH

AWARENESS MONTH

United Way



United Way of the Black Hills

#MENTALHEALTHMATTERSBH

SELF-CARE BINGO

Cooked a healthy meal	Practiced Gratitude	Listened to my favorite song	Went outside	Exercised
Read a book	Wrote in a journal	Stretched	Colored	Read some positive news
Enjoyed some time in the Black Hills	Called a friend	FREE	Wrote a kind letter to a friend or family member	Volunteered
Took a relaxing bath or shower	Learned a new skill	Watched a funny show or movie	Played with children or pets	Meditated
Diffused my favorite oil or lit a candle	Cooked my favorite meal	Practiced breathing exercises	Opened up the windows to let some fresh air inside	Cleaned my car