



May is Mental Health Awareness Month

Grow Your Health with Self-Care Bingo

 Sleep 8 hours	Pick Your Own	 Visit a State Park	 Breathing Exercise	 Go for a walk
 Journal	 Pray	 Listen to music	 Hang out with friends	 Practice Gratitude
 Grounding	 Time with family	BINGO	 Drink water	 Call someone you love
 Dance	 Visit Agritourism site	 Meditation	 Take a shower	 Laughter
 Play musical instrument	 Light a candle	 Spend time in nature	 Act of Service	 Hold a hand

Find more resources at agr.georgia.gov/mental-health-resources

