

# Better Mental Wellness in the Workplace — Bingo Card 1

Did a short mindfulness exercise	Drank water regularly	Organized workload	Took a walking break	Protected focus time
Gave positive feedback	Celebrated small wins	Asked for help	Stretched at desk	Prioritized tasks
Set a work boundary	Used wellness resources	FREE SPACE	Spoke up respectfully	Scheduled breaks
Practiced gratitude	Declined an unnecessary meeting	Said no without guilt	Took a real lunch break	Reduced multitasking
No emails after hours	Focused work block	Checked in with a teammate	Reflected on the day	Muted notifications

## Better Mental Wellness in the Workplace — Bingo Card 2

Took a walking break	Spoke up respectfully	Asked for help	Set a work boundary	Practiced gratitude
No emails after hours	Protected focus time	Practiced deep breathing	Scheduled breaks	Checked in with a teammate
Focused work block	Practiced active listening	FREE SPACE	Said no without guilt	Left work on time
Drank water regularly	Did a short mindfulness exercise	Used wellness resources	Gave positive feedback	Celebrated small wins
Reflected on the day	Declined an unnecessary meeting	Reduced multitasking	Took a real lunch break	Stretched at desk

## Better Mental Wellness in the Workplace — Bingo Card 3

Prioritized tasks	Used wellness resources	Practiced gratitude	Did a short mindfulness exercise	Practiced active listening
Reduced multitasking	Organized workload	Reflected on the day	Said no without guilt	Set a work boundary
Practiced deep breathing	Drank water regularly	FREE SPACE	Gave positive feedback	Asked for help
Checked in with a teammate	No emails after hours	Spoke up respectfully	Focused work block	Declined an unnecessary meeting
Muted notifications	Protected focus time	Scheduled breaks	Celebrated small wins	Stretched at desk

## Better Mental Wellness in the Workplace — Bingo Card 4

No emails after hours	Celebrated small wins	Did a short mindfulness exercise	Spoke up respectfully	Focused work block
Used PTO or mental health day	Reduced multitasking	Stretched at desk	Practiced gratitude	Reflected on the day
Practiced active listening	Organized workload	FREE SPACE	Protected focus time	Muted notifications
Practiced deep breathing	Gave positive feedback	Set a work boundary	Took a real lunch break	Took a walking break
Asked for help	Scheduled breaks	Drank water regularly	Declined an unnecessary meeting	Prioritized tasks

## Better Mental Wellness in the Workplace — Bingo Card 5

Stretched at desk	Left work on time	Used PTO or mental health day	Organized workload	Said no without guilt
Did a short mindfulness exercise	Muted notifications	Protected focus time	Practiced active listening	Asked for help
Set a work boundary	Prioritized tasks	FREE SPACE	Took a real lunch break	Reflected on the day
Checked in with a teammate	Spoke up respectfully	Declined an unnecessary meeting	Drank water regularly	Gave positive feedback
Took a walking break	Reduced multitasking	No emails after hours	Celebrated small wins	Practiced deep breathing

## Better Mental Wellness in the Workplace — Bingo Card 6

Gave positive feedback	Declined an unnecessary meeting	Took a real lunch break	Spoke up respectfully	Reflected on the day
Checked in with a teammate	Took a walking break	Practiced active listening	Organized workload	Scheduled breaks
Stretched at desk	Used wellness resources	FREE SPACE	Used PTO or mental health day	Prioritized tasks
Did a short mindfulness exercise	Said no without guilt	Muted notifications	No emails after hours	Asked for help
Celebrated small wins	Practiced gratitude	Practiced deep breathing	Focused work block	Left work on time

## Better Mental Wellness in the Workplace — Bingo Card 7

Scheduled breaks	Checked in with a teammate	Did a short mindfulness exercise	Used wellness resources	Asked for help
Took a real lunch break	Declined an unnecessary meeting	Stretched at desk	Drank water regularly	Practiced gratitude
Reflected on the day	Used PTO or mental health day	FREE SPACE	Practiced deep breathing	Protected focus time
Focused work block	Gave positive feedback	No emails after hours	Took a walking break	Muted notifications
Practiced active listening	Celebrated small wins	Spoke up respectfully	Prioritized tasks	Reduced multitasking

## Better Mental Wellness in the Workplace — Bingo Card 8

Took a real lunch break	Did a short mindfulness exercise	Muted notifications	Scheduled breaks	Spoke up respectfully
Practiced active listening	Used wellness resources	No emails after hours	Reflected on the day	Drank water regularly
Left work on time	Set a work boundary	FREE SPACE	Stretched at desk	Celebrated small wins
Said no without guilt	Prioritized tasks	Focused work block	Used PTO or mental health day	Took a walking break
Practiced gratitude	Asked for help	Reduced multitasking	Gave positive feedback	Organized workload



## Better Mental Wellness in the Workplace — Bingo Card 9

Checked in with a teammate	Did a short mindfulness exercise	Scheduled breaks	Left work on time	Spoke up respectfully
Asked for help	Declined an unnecessary meeting	Took a walking break	Drank water regularly	Organized workload
Said no without guilt	Practiced gratitude	FREE SPACE	Protected focus time	Used PTO or mental health day
Took a real lunch break	Reflected on the day	Practiced active listening	Practiced deep breathing	Stretched at desk
No emails after hours	Celebrated small wins	Set a work boundary	Focused work block	Gave positive feedback

## Better Mental Wellness in the Workplace — Bingo Card 10

Drank water regularly	Declined an unnecessary meeting	No emails after hours	Reflected on the day	Used wellness resources
Checked in with a teammate	Left work on time	Said no without guilt	Took a real lunch break	Used PTO or mental health day
Celebrated small wins	Focused work block	FREE SPACE	Spoke up respectfully	Asked for help
Did a short mindfulness exercise	Stretched at desk	Organized workload	Scheduled breaks	Protected focus time
Practiced active listening	Practiced deep breathing	Set a work boundary	Practiced gratitude	Muted notifications