

Better Mental Wellness in the Workplace — Bingo

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