



BINGO



Took a
Walk

**CALLED A
FRIEND**

Spent
Time
Outdoors

Unplugged

Tried
Something
New

Practiced
Self-
Compassion

***MOVED MY
BODY JOYFULLY***

Did a
Hobby

**Got 7-9
Hours of
Sleep**

EXERCISED

**Ate a
Healthy
Meal**

Decluttered

Used a
Coping
Skill

5-Minute
Dance/
Music
Party

Took
Some
"Me" Time

**COMPLETED
A TO-DO
LIST ITEM**

**MOORPARK COLLEGE
STUDENT HEALTH CENTER
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