

# Workplace Mental Health Bingo

Mark a square when you complete or notice an activity during your workday. Bingo is optional - use this as a supportive check-in.

My Reward: .....

Took a stretch or movement break	Drank water during the workday	Set a healthy work boundary	Stepped away from my desk	Noticed something I did well
Asked a question or for support	Took a full break	Prioritized one task	Practiced deep breathing	Closed unnecessary tabs
Checked in with my stress level	Gave myself compassion	FREE SPACE	Did one thing intentionally	Logged off on time
Communicated a need clearly	Paused before responding	Refocused after distraction	Ate or planned a nourishing meal	Used a coping skill at work
Acknowledged progress (not perfection)	Connected respectfully with a coworker	Let go of something not in my control	Practiced mindfulness	Did something supportive for myself