

MENTALLY HEALTHY HABITS BINGO

Challenge yourself to complete a diagonal, horizontal or vertical line by the end of the week. Or aim for a full board - BINGO!

expressed my boundaries	read a book	8+ hours sleep	celebrated my wins	called a friend
made my bed	meditated	messed a friend	donated to charity	listened to a favourite song
30+ minutes of gentle exercise	watered the plants	FREE SPACE	1+ hour device free time	ate a meal mindfully
enjoyed 10 minutes of sunshine	organised my desk / room	bubble bath or relaxing shower	mindful stretches or yoga	tried a new hobby
did something creative	volunteered my time	stuck to a morning routine	visited a friend	cooked a wholesome meal

WA Mental Health Week 2026

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WA Association for Mental Health



SELF-CARE MENU

MENTALLY HEALTHY HABITS

SNACKS (5 MINUTE STRATEGIES)

Box Breathing (in for 4 – hold for 4 – out for 4)

Stretch at your desk or shake it out!

Listen to a favourite song

Write down 3 things your'e grateful for

Make a warm drink and drink it mindfully

ENTREES (10 MINUTE STRATEGIES)

Step outside for fresh air or sunshine

Listen to a guided meditation or body scan

Call or message a friend

Sketch, doodle or colour

Grounding exercise (pick a colour, 5-4-3-2-1 senses)



SELF-CARE MENU

MENTALLY HEALTHY HABITS

MAINS (30 MINUTE STRATEGIES)

Yoga or gentle movement

Take a walk in nature

Read a book (fiction is ideal)

Power nap or rest with your eyes closed

Get creative (drawing, knitting, gardening)

MY PERSONAL FAVOURITES...

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WEEKLY PLANNER

MENTALLY HEALTHY HABITS



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MONDAY:

I will make time for...

TUESDAY:

I'm proud of...

WEDNESDAY:

I will enjoy...

THURSDAY:

I noticed...

FRIDAY:

I'm grateful for...

SATURDAY:

I'm excited for...

SUNDAY:

I deserve to...

SPHERES OF CONTROL

Understanding the areas of our lives where we have control can be empowering! By learning to accept those things we can't control, we can improve our mental health and wellbeing.



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