



Mental Health Month

WORKPLACE BINGO

TAKE A 5 MINUTE MINDFULNESS BREAK	DRINK 8 GLASSES OF WATER THROUGHOUT THE DAY	ATTEND WELLNESS WALK WEDNESDAYS @12 PM (MEET AT THE LOVE SIGN)	PUBLICLY POST A PEER-TO-PEER SHOUTOUT	ASK A TEAMMATE HOW THEIR WEEK IS GOING AND REALLY LISTEN
ADD ONE ACTIVITY TO YOUR SELF-CARE ROUTINE	SIGN UP FOR A MENTAL HEALTH FIRST AID CLASS. 	ATTEND WELLNESS WALK WEDNESDAYS @12 PM (MEET AT THE LOVE SIGN)	ATTEND MHAFC'S LUNCH & LEARN: (12PM-1PM BY ZOOM) 	PRACTICE BUTTERFLY BREATHING
LEAVE A POSITIVE MESSAGE ON SOMEONE'S DESK	FIND THE COMMUNITY COLORING WALL IN OLD TOWN WARRENTON AND ADD TO IT	TAKE 2 HOURS OF PTO FOR YOURSELF	ADD MHAFC ON SOCIAL MEDIA INSTAGRAM.COM/MHAFC_1 FACEBOOK.COM/MENTAL HEALTHFAUCQUIER	BRING IN A HEALTHY SNACK TO SHARE WITH OFFICEMATES
SHARE A MOTIVATIONAL SONG WITH A TEAMMATE	FIND A NEW PODCAST THAT SUPPORTS MENTAL WELLBEING	ATTEND WELLNESS WALK WEDNESDAYS @12 PM (MEET AT THE LOVE SIGN)	SPEND 20 MINUTES WRITING A SUMMER BUCKET LIST	HOST OR ATTEND A SOCIAL HOUR AFTER WORK
HAVE LUNCH OUTSIDE	CREATE A MENTAL HEALTH PLAYLIST	ATTEND WELLNESS WALK WEDNESDAYS @12 PM (MEET AT THE LOVE SIGN)	CALL A FRIEND AND TELL THEM ABOUT YOUR FAVORITE HOBBY	TAKE A PHOTO OF YOUR BINGO CARD AND POST IT WITH THE TAG #MHAFAUCQUIER