



COPING SKILLS BINGO



time to change

let's end mental health discrimination

Take a walk	Divide up your workload into manageable chunks	Stand up and stretch	Focus on what you can control	Eat lunch outside of the office
Write a letter (not an email)	Turn off your personal electronic devices	Take deep breaths	Strike up conversation with a colleague you don't speak with often	Make a tea or coffee
Say positive affirmations	Take a colleague out for coffee	Perform a random act of kindness	Smile at others	Keep hydrated and grab a glass of water
Clean your desk	Do some guided meditation (using app or download)	Do some exercise at lunchtime: walk, run, swim, yoga	Doodle	Forgive someone or let go of something
Listen to music	Write a list of things you are thankful for	Eat a healthy snack	Sit in and enjoy nature in a local park	Talk to or call a friend



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Write a list of things you are thankful for	Write a letter (not an email)	Eat a healthy snack	Make a tea or coffee	Strike up a conversation with a colleague you don't speak with often
Do some guided meditation (using app or download)	Take a walk	Take deep breaths	Eat lunch outside of the office	Focus on what you can control
Take a colleague out for coffee	Say positive affirmations	Perform a random act of kindness	Keep hydrate and grab a glass of water	Smile at others
Turn off your personal electronic devices	Clean your desk	Do some exercise at lunchtime: walk, run, swim, yoga	Talk to or call a friend	Doodle
Divide up your workload into manageable chunks	Listen to music	Stand up and stretch	Forgive someone or let go of something	Sit in and enjoy nature in a local park



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Perform a random act of kindness	Make a tea or coffee	Doodle	Write a letter (not an email)	Do some exercise at lunchtime: walk, run, swim, yoga
Divide up your workload into manageable chunks	Eat lunch outside of the office	Write a list of things you are thankful for	Take a walk	Smile at others
Eat a healthy snack	Learn something new	Say positive affirmations	Sit in and enjoy nature in a local park	Take a colleague out for coffee
Focus on what you can control	Clean your desk	Read a book	Talk to or call a friend	Take deep breaths
Do some guided meditation (using app or download)	Listen to music	Stand up and stretch	Forgive someone or let go of something	Turn off your personal electronic devices



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Divide up your workload into manageable chunks	Clean your desk	Write a letter (not an email)	Read a book	Focus on what you can control
Perform a random act of kindness	Listen to music	Take a walk	Stand up and stretch	Do some guided meditation (using app or download)
Eat a healthy snack	Make a tea or coffee	Sit in and enjoy nature in a local park	Doodle	Do some exercise at lunchtime: walk, run, swim, yoga
Take deep breaths	Eat lunch outside of the office	Talk to or call a friend	Write a list of things you are thankful for	Smile at others
Turn off your personal electronic devices	Learn something new	Forgive someone or let go of something	Say positive affirmations	Take a colleague out for coffee