During the month of May, you can engage in activities that support your mental health each day. They can be small or big things, and every one can make a difference. As you complete an activity and when you get BINGO, be sure to take a picture and post on Instagram and tag **@jeffersoncentermh** and use the hashtags **#mentalhealthmonth #withyouinmind!**

Jefferson Center
— *With you in mind* —

B I N G O

Get 15 minutes of sunlight.	**Surround yourself with loved ones** – both in-person and virtually!	Give yourself a pat on the back – **YOU ARE AWESOME** and you should tell yourself!	Play music instead of turning on the TV when you have downtime.	Read a good book.
Do something kind for a stranger like holding open the door.	Visit Rheilander Bakery – for each cupcake sold they will donate $1 to Jefferson Center!	Take a **Mental Health First Aid Class** – you can be the right person to help someone in a mental health crisis.	To prevent clutter, **put something away** when you're done using it.	Make a gratitude list.
Find little ways to get in activity – take the stairs instead of the elevator or park farther away from the store.	**Express yourself through art!** Take a class or draw your favorite flower.	Add some fruits and veggies into your meal plan for the week.	**Take a Wellness Class at Jefferson Center** – find out how wellness can help your mental health!	Visit **jcmh.org** to learn about resources to support your mental health.
Sign up for our newsletter!	**Clean your space with intention** – remove objects that may create negative thoughts or habits.	**Have coffee with a friend** – make it a time to just catch up and have intentional conversation.	**Take a hike** – time in nature and fresh air can boost your mood!	Set up your space for a good night's sleep – think dark, cool, and quiet.
Set boundaries at work and stick to them – creating space to refresh and disconnect from work can help reduce stress.	**DANCE!** Movement helps release endorphins that can boost your mood, plus fully letting go in dance can be freeing!	Wear your green ribbon.	**Share** with your friends and family why mental health is important to you.	Set your Zoom/Teams background with one of Jefferson Center's Mental Health Month backgrounds.