

# #Time ToTalk Bingo




time to  
talk day

02/02/23



Rethink  
Mental  
Illness.

Share a kind word with somebody	Make up a set of affirmations that make you grateful	Give thanks to yourself for something you have done today	Do one thing that brings you <b>happiness</b> today	Indulge yourself with a delicious treat
Share with someone one of your mental health top tips	Have a conversation with a loved one about mental health	Spend some quality time with whoever you consider <b>family</b>	Check up on a friend you haven't spoke to in a while	Dance like nobody is watching
Ask someone how they are <b>twice</b> and listen to them	Do something relaxing and recharging	It's #TimeToTalk 	Engage with a sport you <b>trust</b> to lift up your spirits	Do a mental health myth busting quiz
Write down your to do list, rather than keeping a mental list	Unleash your <b>creativity</b> , make a poster on why it's important to talk about mental health	Set a small & achievable resolution to achieve	Take time to do an activity that you love <b>#heart</b>	Make someone smile
Try something new like yoga or guided meditation	Tell someone you know that it's #TimeToTalk Day	Take a walk and make a note of the things you are grateful for around you	Engage in a community group (online or physically)	Check out STAR Hub <a href="http://starhubreawards.co.uk">starhubreawards.co.uk</a>