World Mental Health Day ⚜
Majesticare Wellbeing Bingo

Tell someone it's World Mental Health Day	Take time to do an activity that is close to your **heart**	Nominate someone for a Majesticare Star Award	Set a small achievable resolution	Try something new like yoga or guided meditation
Send someone a kind text message to brighten their mood	Call or text someone you haven't spoken to in a while	Try a new recipe from the Munch section on the Wellbeing Hub	Apply for a Majesticare Grant to give you a feel good boost for helping your community!	Write down 10 things you are grateful for
Clean & declutter a room that you have been avoiding	Check out the Mind section on the Wellbeing Hub & try something new	Do something relaxing & recharging like having a hot bath	Find out who your Mental Health First Aider is	Send someone an E-Card to boost their positive wellbeing
Check out the awesome money tools on the Wellbeing Hub	Go for a mindful walk & think of 3 positive things that happened today	Fill a page with positive attributions about yourself	Check out the Move section on the Wellbeing Hub	Spend some quality time with whoever you consider **family**
Make a conscious effort to let go of a negative habit	Make someone smile today!	Give yourself a compliment in the mirror	Indulge yourself with a delicious treat	Take a needed social media & phone break!