



Spend 20 min OUTSIDE	Connect with a friend	Write down 3 things you're grateful for	Go for a walk	Make a meal
Listen to an album you haven't heard in a while	Drink more WATER	Write an encouraging letter to your future self	Express gratitude to someone else	Do a favor for someone
Do a craft project or coloring page	Prioritize your sleep	FILL OUT TIPPIE SENATE'S SURVEY	Read for fun	Make music
Watch your favorite movie/tv show	24 hour break from social media	Take pictures of an object you see everyday, but from a new perspective	Write down your worries on strips of paper and THROW THEM IN THE GARBAGE	Have a living room picnic
Listen to a guided mindfulness exercise	STRETCH	Create a cozy spot and RELAX for an hour	Clean your room	Turn up some music and DANCE

MINDFULNESS BINGO



Please take Tippie Senate's quick survey to help guide mental health initiatives around the college. Participants in the survey will be entered into a raffle to win one of fifteen \$10 gift cards!

bit.ly/TippieSenateFallSurvey