

October 2024



October is Mental Health Month



“Mental Health is: emotional, psychological, and social well-being. It affects how we think, feel, and act. It also determines how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.”

--Centers for Disease Control & Prevention

Ways to Maintain Good Mental Health

1. Exercise--just 30 minutes of walking a day!
2. Eat healthy, stay hydrated
3. Sleep
4. Relax
5. Set goals & priorities
6. Practice gratitude
Focus on positivity
8. Stay connected with others

Bingocize is a wonderful way to help your residents stay active and you can move along with them. It's also a great way for your residents to increase social interactions.

While you lead Bingocize, keep it light and fun, help participants set goals, and make it something relaxing.

As you facilitate Bingocize, you can practice good mental health and help your residents do so as well.