

MAY IS MENTAL HEALTH AWARENESS MONTH

B I N G O

<u>Take a 10-minute stretch break</u>	<u>Attend Duck Nest x AEC Study Space</u>	<u>Eat deliberately and consistently</u>	<u>Do more of what makes you laugh</u>	<u>Declutter one workspace</u>
<u>Connect with a professor/instructor during their office hours</u>	<u>Practice gratitude for yourself and others</u>	<u>Participate in Fresh Check Day on May 1</u>	Follow <u>@uo_ducknest</u> , <u>@uocounselingservices</u> and/or <u>@healthyuo</u> on Instagram	<u>Volunteer to improve your community</u>
<u>Check on your relationship with substances</u>	<u>Listen to music: check out the Duck Nest Spotify playlist</u>	<u>Mental Health is Health</u>	<u>Walk with a friend</u>	<u>Go to bed at a consistent time for one week</u>
<u>Participate in the American Foundation for Suicide Prevention walk on May 4</u>	<u>Consider a social media break</u>	<u>Take regular hydration breaks each day</u>	<u>Meet with an academic advisor</u>	<u>Share a meal with friends</u>
<u>Support a local business</u>	<u>Engage in joyful movement</u>	<u>Get natural light exposure within 30-60 minutes of waking up</u>	<u>Attend Duck Nest Meditation</u>	<u>Schedule your preventative care appointments e.g. annual physical, gynecology, or dental exam</u>

Scan the QR code to learn more about the campus events and benefits of the other wellness activity options!

counseling.uoregon.edu/mham

