



Have a go at playing our wellbeing bingo
 See if you can find people to play with you now or try it later with your friends and/or family.

In the past 2 weeks I have...		
Listened to my favourite tune(s)	Visited somewhere new	Had a good sleep
Carried out an act of kindness	Taken the stairs instead of the lift	Stayed hydrated
Spent some time talking with family / friends	Watched a great movie/tv show	Treated myself
Spent some time near nature	Walked around the campus	Asked for help / support
Made a healthy eating choice	Downloaded a helpful app	Not given myself a hard time
Followed the IC student support team on social media	Thought of three things I am thankful for	Been brave about something
Do a deep breathing exercise	Donate something you never use	Set aside time to read for 10 minutes
Practice a favourite hobby	Go to bed 30 mins earlier	Set a mini goal
Compliment someone	Create to do lists with only three items	Try a 5 minute meditation
Unfollow a negative social media account	Say no to something	Have a phone free night
Watch a silly video	Start a gratitude list	Say something nice about yourself