

# mindful B N G O

## SOCIAL BREAK UP

Take a 24 hour break from social media

## SAY HELLO

Call a new friend every day

## GOOD NIGHT

No screen 2 hours before bed

## GET CREATIVE

Try an art project, adult coloring book, writing, etc.

## LET'S ZEN

Take a Harvard Pilgrim mindfulness session with friends

## JOY TO YOU

Spend 30 min doing something that brings you joy

## GRATITUDE ATTITUDE

List out 5 things to be grateful for

## MINDFUL MOMENT

Do a 10 min guided meditation

## DANCE PARTY

Put on your favorite song and do a HaPi dance

## NAMASTAY INSIDE

Take a Harvard Pilgrim yoga class

## DEAR DIARY

Record your thoughts in a journal

## SWEET DREAMS

Keep a dream journal for a week

Screenshot to play and share your board. Tag your friends to play along. Brought to you by

