

3:42



Your Story 6m  
From Create Mode



# STARTS TODAY!

## NAMISF MENTAL HEALTH BINGO

|                                 |  |                                 |                               |  |
|---------------------------------|--|---------------------------------|-------------------------------|--|
| WRITE A GRATITUDE LIST          | GO FOR A WALK                                  | RECRUIT A NAMI WALK TEAM MEMBER | CALL A FRIEND                 | MEDITATE   |
| ATTEND A NAMI SF EVENT OR CLASS | POST ON SOCIAL MEDIA WHY MENTAL HEALTH MATTERS | TRY A NEW SELF CARE STRATEGY    | DANCE                         | ASK SOMEONE TO DONATE TO YOUR NAMI WALK FUNDRAISER |
| HELP SOMEONE OUT                | TAKE A SELFIE IN NATURE                        | FIRST NAMI WALK DONATION        | PRACTICE RELAXATION BREATHING | STRETCH  |
| GO FOR A LONG WALK              | WRITE TO A FRIEND OR FAMILY MEMBER             | TAKE A NAP                      | WATCH THE SUNSET              | POST YOUR NAMI WALK FUNDRAISER ONLINE              |
| LAUGH                           | TELL SOMEONE ABOUT NAMI                        | TEND TO A PLANT                 | ACHIEVE A PERSONAL GOAL       | MEET A CUTE CRITTER ON YOUR WALK                   |

#MENTALHEALTHFORALL

#NOTALONE

[www.namisf.org/namiwalks-2020](http://www.namisf.org/namiwalks-2020)