



NAMISF

B I N G O

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