



# PODCAST BINGO!

**Collect tips and strategies from the podcast! When you've filled your worksheet send a BINGO! message to:**

E: [contact@kathrynwalton.com.au](mailto:contact@kathrynwalton.com.au) OR

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What are Elia's Top 3 Tips for optimising NUTRITION + MENTAL HEALTH?

Where did I record the conversation with Trav from headspace about YOUTH MENTAL HEALTH?

What suggestions did Elizabeth have about connecting with nature to de-stress in the PSYCHOLOGICAL STRATEGIES episode?

What's one place Donna suggests for free financial counselling in the FINANCIAL RECOVERY episode?

If you don't know where to go for assistance, who does Helen suggest you contact in SUPPORTS, SERVICES + REFERRALS?

What's one thing Bel suggests you can do to improve your SLEEP?

What's one thing Sue did to prepare for fire season in PREPARATION, HEALING + HOPE?

What are Mark's Top 3 Tips to optimise STRESS MANAGEMENT?

Which service does Arlene work for in the RECOVERY STRATEGIES episode?

What did Val really appreciate the day after the fires in the GRATITUDE, MINDSET + HOBBIES episode?

What Southern Downs strengths did Sue identify in the COMMUNITY + PERSONAL RECOVERY episode?

What does Leon think are the region's best natural resources in the NATURE IN RECOVERY episode?

Name an online service that supports the mental health of Australians

Name a local or regional service that supports the mental health of residents

What is Lifeline's 24 hour crisis number?

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