

# BE WELL BINGO

## Stress Management Challenge

Our health and well-being is super important – no big surprise there! Simply put, it affects how we think, how we feel, how we manage stress, and how we connect with others.

Getting into healthy habits isn't just good for our bodies and minds; it also helps us deal with the ups and downs of daily life much better. So let the Be Well Bingo Challenge help make some positive changes today!

### INSTRUCTIONS

The Be Well Bingo Card is all about promoting healthy habits, covering movement, nutrition, sleep, and mindset activities. Here's how it works: Over the next two weeks, complete as many BINGOs as you can. Cross off 5 activities in a row – either vertically, horizontally or diagonally – to score a BINGO!

Each BINGO earns you 5 points - that's up to 25 points per team member. The team with the highest total score takes home the victory in this challenge!

B I N G O				
Take 10 deep breaths	Get at least 7 hours of sleep	Write down 4 things you're grateful for	Spend time with a pet	Phone a friend or loved one
Do something relaxing (read, puzzle, paint, journal, etc.)	Go for a walk	Try a new healthy recipe	Enjoy a 10 minute coffee break with nature	Watch something that makes you laugh
Eat some fresh fruit or vegetables	Practice positive self-talk	Do something you enjoy!	Stretch for 15 minutes	Take a social media break
Listen to some music	Go outside for 20 minutes	Give or get a hug	Exercise for 30 minutes	Do a random act of kindness
Try a guided meditation	Write down your weekly goals or make a to-do list	Choose a healthy snack	Drink a big glass of water	Say "no" to something that doesn't serve you

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