

BE WELL BINGO

Stress Management 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

