

BE WELL BINGO

Stress Management Challenge

B I N G O

Make a healthy smoothie	Try aromatherapy	Look at photos that make you smile	Take a walk around the block	Sit in the sunshine
Do 20 jumping jacks (or other activity)	Start your day with a glass of water (instead of caffeine)	Take a bath or try float therapy	Visualize a goal: place to visit or thing to accomplish	Enjoy de-stressing foods: nuts, oatmeal, avocado, berries
Compliment a co-worker, friend or family member	Buy a new houseplant	Try progressive muscle relaxation (PMR)	Make a list of your worries & circle those you can act on	Enjoy a phone-free hour: no calls or scrolling
Spend 45 minutes being creative: paint, doodle, colour	Dance like no one's watching	Sit in a quiet space with your favourite drink	Enjoy a snack – mindfully!	Meet a friend for coffee
Plan something fun with a friend	Enjoy a square of dark chocolate	Compliment yourself!	Do some yoga or meditation	Walk through a park, garden, or wooden area

