## **BEWELL BINGO** Stress Management Challenge

		N	C	
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



## **BEWELL BINGO** Stress Management Challenge

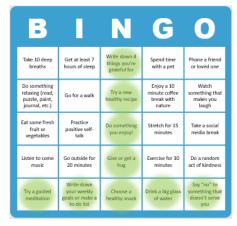
## **BINGO! GET THOSE POINTS!**

В		Ν	G	0
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 yau enjay!	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

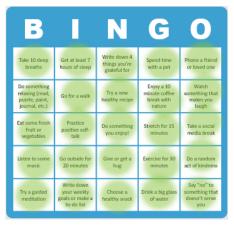
One Line 5 Points

B		Ν	G	0
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Outside Box 20 Points



**Two Lines** 12 Points



Full Card 35 Points

