BE WELL BINGO

Stress Management Challenge

BINGO

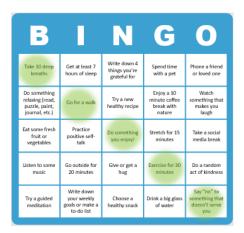
	a healthy pothie	Try aromatherapy	Look at photos that make you smile	Take a walk around the block	Sit in the sunshine
jacks (jumping or other ivity)	Start your day with a glass of water (instead of caffeine)	Take a bath or try float therapy	Visualize a goal: place to visit or thing to accomplish	Enjoy de- stressing foods: nuts, oatmeal, avocado, berries
co-w friend	liment a orker, or family mber	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
fun	omething with a end	Enjoy a square of dark chocolate	Compliment yourself!	Do some yoga or meditation	Walk through a park, garden, or wooden area



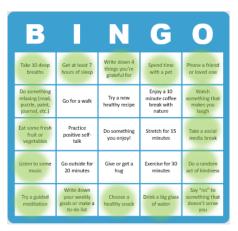
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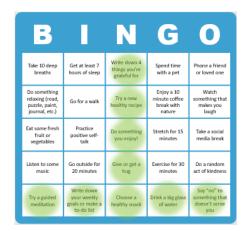
BINGO! GET THOSE POINTS!



One Line
5 Points



Outside Box 20 Points



Two Lines
12 Points



Full Card
35 Points

