

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!

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!

| 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 |

Each team member earns 5 points for a single-line Bingo, and up to 35 points with a full card. Submit your bingos each week to help your team climb the leaderboard. The team with the highest total score takes home the victory in this challenge!