

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 |



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BINGO! GET THOSE POINTS!

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!

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One Line = 5 Points

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Two Lines = 12 Points

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Outside Box = 20 Points

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Full Card = 35 Points

