BE WELL BINGO

Stress Management Challenge

BINGO

	n healthy oothie	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	iment 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
minute creativ	nd 45 es being e: paint, e, 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 v	mething with a end	Enjoy a square of dark chocolate	Compliment yourself!	Do some yoga or meditation	Walk through a park, garden, or wooden area

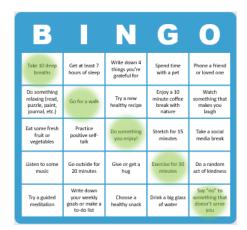


BE WELL BINGO

Stress Management Challenge

BINGO! GET THOSE POINTS!

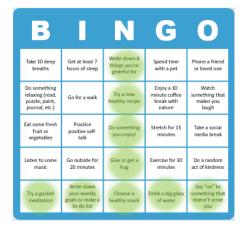
Each team member earns 5 points for a single-line Bingo, and up to 35 points with a full card. Submit your bingos each week to help your team climb the leaderboard!



One Line = 5 Points

В		N	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 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

Outside Box = 20 Points



Two Lines = 12 Points

В		N	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 you enjoy!	Stretch for 15 minutes	Take a social media break
Listen to some music	Go autside 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

Full Card = 35 Points

