

BE WELL BINGO

Stress Management Challenge

Our health and well-being are 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 gives us a better handle on life's ups and downs and the stress that sometimes goes along with them.

That's where the Be Well Bingo challenge comes in! It's all about making small changes that can have a big impact. Our Be Well Bingo Cards are packed with fun activities covering everything from movement and nutrition to sleep and mindset. And the best part? You get to play while supporting your health!

HERE'S HOW IT WORKS:

Over the next two weeks, your mission is to complete as many Bingos as possible. Just cross off 5 activities in a row and boom, you've got yourself a BINGO!

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!

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

