

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 your favourite 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

