

# BE WELL BINGO

## Stress Management Challenge

**B I N G O**

Make a healthy smoothie	Try aromatherapy	Look at photos that make you smile	Take a walk around the block	Sit in the sunshine
Do 20 jumping jacks (or other activity)	Start your day with a glass of water (instead of caffeine)	Take a bath or try float therapy	Visualize a goal: place to visit, thing to accomplish, etc.	Enjoy de-stressing foods: nuts, oatmeal, avocado, berries
Compliment a co-worker, friend or family member	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
Spend 45 minutes being creative: paint, doodle, 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 or tea
Plan something fun with a friend	Enjoy a square of dark chocolate	Compliment yourself!	Do some yoga or meditation	Walk through a park, garden, or wooden area



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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!

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

One Line = 5 Points

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

Two Lines = 12 Points

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

Outside Box = 20 Points

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

Full Card = 35 Points

