

Emotional Wellness Bingo

B	I	N	G	O
Get 7-8 Hours of Sleep Everyday (5 days)	No More than One Alcoholic Beverage a Day (5 days)	Read a Fun Book	Give 10 Minutes of Your Undivided Attention to a Friend or Family Member	Volunteer in the Community
Contact a Friend or Family Member You Have Not Talked to In Awhile	Eliminate Cell Phone Use Anytime When Driving	Express Sincere Gratitude	Gather All Important Records for You and Your Family in One Location	Try Out a Meditation App, e.g., Headspace or Calm
Write Down One Thing You Are Grateful For Everyday (7 days)	Take a Walk (3 days)	free	Compliment a Co-worker	Find Humor in Your Day and Share it With Someone
Attend an SCM Event	Tell Someone How Much You Appreciate Them and Why	Volunteer to Help Someone at Work	Start a Hobby	Wake up 30 Minutes Early and Do Something Productive with the Extra Time
Stop Electronic Device Use One Hour Prior to Bedtime Every Night (5 days)	Make an Effort to Get to Know a Co-worker Better	Set a Goal, Write it Down, Post it Where Visible, and Do It Everyday (5 days)	Spend Time Outdoors	Take 3 Minutes a Day to Practice Deep Breathing (5 days)