












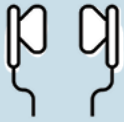













# STRESS MANAGEMENT BINGO

Challenge yourself or others to a game of Stress Management Bingo. The goals are to complete a line of squares (horizontally, vertically, or diagonally) and prioritize your wellbeing in the process! Small actions to manage stress can have a big impact on your wellbeing and even the wellbeing of others.

<p><b>Get outside</b> into fresh air/ nature</p> 	<p><b>Spend 5-10</b> minutes in <b>silence</b></p> 	<p><b>Do a</b> brainteaser or <b>puzzle</b></p> 	<p><b>Declutter your</b> workspace</p> 	<p><b>Dedicate</b> 5-10 minutes to <b>mindful</b> breathing</p> 
<p><b>Find something</b> that makes you <b>laugh</b></p> 	<p><b>Have a</b> <b>conversation</b> you've been <b>avoiding</b></p> 	<p><b>Spend 30</b> minutes of <b>tech-free time</b> before bed</p> 	<p><b>Get 7-9 hours</b> of <b>sleep</b></p> 	<p><b>Acknowledge</b> <b>3 good things</b> that happened today</p> 
<p><b>Do a task</b> you've been putting off</p> 	<p><b>Read, watch,</b> or <b>listen to</b> something that <b>inspires you</b></p> 	<p><b>Speak or write</b> down <b>words of</b> <b>affirmation</b></p> 	<p><b>Listen to music</b> you love</p> 	<p><b>Do a random</b> <b>act of</b> <b>kindness</b> for someone else</p> 
<p><b>Spend time on</b> a <b>hobby</b></p> 	<p><b>Acknowledge</b> 3 things you're <b>grateful for</b></p> 	<p><b>Dance to your</b> favorite party song</p> 	<p><b>Do something</b> that taps into your <b>creativity</b></p> 	<p><b>Delegate</b> a task to someone else</p> 
<p><b>Stretch for</b> 5-10 minutes</p> 	<p><b>Set limitations</b> for <b>screen</b> time</p> 	<p><b>Let someone</b> know you <b>appreciate</b> them</p> 	<p><b>Do something</b> you enjoyed as a <b>child</b></p> 	<p><b>Take a moment</b> to <b>celebrate a</b> small win</p> 

Looking for more ways to manage stress? Contact **JHEAP** for free 24/7 guidance:  
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