



# Employee health & wellness BINGO

Participate in a mindfulness or meditation session <input type="checkbox"/>	Breathe in through your nose. Let your belly fill with air. Breathe out through your nose. Repeat 5x <input type="checkbox"/>	Schedule or attend a wellness check-up <input type="checkbox"/>	Spend 10 minutes with your creative side (crafting, writing, drawing, etc.) <input type="checkbox"/>	Watch something that makes you laugh <input type="checkbox"/>
Drink 32oz. of water <input type="checkbox"/>	Send a compliment to someone's supervisor <input type="checkbox"/>	Take a selfie while doing something to enhance your wellness, tag #JSDWELLNESS <input type="checkbox"/>	Share a meal with a colleague and don't talk about work <input type="checkbox"/>	Watch something that inspires you <input type="checkbox"/>
Do a chore or task that you have been avoiding, work on it for 15 minutes. Celebrate! <input type="checkbox"/>	Listen to a favorite song in its entirety <input type="checkbox"/>	<b>FREE SPACE</b> choose your own wellness activity! <input checked="" type="checkbox"/>	Journal for 10 minutes (and include one thing you are grateful for) <input type="checkbox"/>	Take a break from technology. Unplug for at least 30 minutes. <input type="checkbox"/>
Write a thank-you note to someone and send it <input type="checkbox"/>	Let go of one thing that has been a burden, write it down, crumple the paper and throw it away <input type="checkbox"/>	Meet up with others to do a hobby or activity (walk, run, etc.) <input type="checkbox"/>	Attend a JSD Wellness Day class or event <input type="checkbox"/>	Connect with your senses, stop where you are and notice all 5 (sight, touch, sound, smell, taste) <input type="checkbox"/>
Spend 20 minutes outside <input type="checkbox"/>	Do something kind for a neighbor, friend or stranger <input type="checkbox"/>	Re-connect or reach out to someone you haven't heard from recently <input type="checkbox"/>	Declutter one space for 10 minutes <input type="checkbox"/>	Rest for 15-20 minutes (even let yourself nap!) <input type="checkbox"/>

During the week of February 7-14  
Complete at least 5 in a row in any direction.  
Scan QR code to submit your information once your BINGO is complete to enter a drawing and receive a prize!  
Scan QR Code Or [use this link](#)

