

# Well-being bingo

B	I	N	G	O
Meditate for 10 minutes – beginners can start with 5 minutes	<a href="#"><u>Wear and care for your mask</u></a>	<a href="#"><u>Sign up for the Workplace Strategies for Mental Health newsletter</u></a> to hear about new resources	Access mental health <a href="#"><u>apps</u></a> curated by Workplace Strategies	Do three minutes of stretching, three times during your workday
Learn a breathing exercise that relaxes you	<a href="#"><u>Do a scavenger hunt with your teammates</u></a> – perfect for teams working remotely	Share your non-work-related wellness goals with someone	Access <a href="#"><u>Chloe</u></a> for accurate information about COVID-19	Listen to relaxing music
Drink more water than you did yesterday	Make time to learn something new	Participate in Healthy Workplace Month	Go meatless on Monday and share different food options with a co-worker	Take a 10-minute exercise break
<a href="#"><u>Put up a Workplace Strategies for Mental Health awareness poster</u></a>	Enjoy 20 minutes in nature	Connect with a co-worker you're friends with and catch up on life	<a href="#"><u>Subscribe to weekly Take your break emails for ideas</u></a>	Fix or organize something that's been bothering you
Make and eat a nutritious lunch	<a href="#"><u>Recognize the signs and symptoms of mental health issues in the workplace</u></a>	Disinfect your work station	Book a massage to smooth out your work-day aches and pains	Watch a <a href="#"><u>video</u></a> to support your mental health through COVID-19