

# Campaign Wellbeing Bingo

Eat some vegetables	Walk around the block	Do some stretches	Stay hydrated	Have a chat with a friend
Take a break from your phone	Take 3 deep breaths and relax your jaw	Do something helpful for someone else	Watch something that makes you laugh	Do some meal prep
Have a check-in with a colleague	Unwind at the end of the day	Have a healthy snack	Ask someone for help	Pay attention to nature
Get your heart-rate up	Give yourself something that feels like a treat	Notice something that you are doing well	Have a plan for time-off	Share some good news with others
Listen to a song that makes you smile	Make sure you are warm enough	Choose an unhealthy meal over missing a meal	Tell someone how much you appreciate them	Release muscle tension