

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

Listen to a guided meditation to release tension

