

Wellness Bingo

Balance	Intentionality	Necessities	Grounding	Other Stuff
<i>Prepare a healthy meal</i>	<i>Have mindful moments. Practice being present during daily tasks, meals, encounters, etc.</i>	<i>Make personal care appointment I've been delaying (e.g., massage, medical, etc.)</i>	<i>Breathe: Take some deep breathes</i>	<i>Delete something from my to-do list</i>
<i>Hydrate! Drink 8 glasses of water</i>	<i>Connect with someone you haven't seen in a while</i>	<i>Ask for help</i>	<i>Sit still; enjoy the view</i>	<i>Do something for my professional development</i>
<i>Do some (yoga) stretches</i>	<i>Express gratitude (aloud, written)</i>	<i>Free Space</i>	<i>Journal about what really matters, dreams, and visions</i>	<i>Get something off my chest; consult with a trusted confidant</i>
<i>Sleep, nap, rest (Sleep for at least 7 hours)</i>	<i>Find a courageous quote to be my mantra this week</i>	<i>Do a "drudge" task I've been avoiding (e.g., clean out e-mail, car, desk drawer)</i>	<i>Laugh; embrace the fun at work and in life</i>	<i>Play, sing, dance, jump around</i>
<i>Get out into nature</i>	<i>Say an exuberant "Yes" at least once to what I want</i>	<i>Update my SMART wellness plan to Re-set and Re-commit for a wellness lifestyle</i>	<i>Stop to smell the roses (i.e., access sensory stuff)</i>	<i>Try something new, creative, challenging.</i>