

## May 2024 - Stress Bingo

Throughout the month, choose different squares below to work on lowering your stress.

See how many times you can say BINGO!

Name: \_\_\_\_\_

Department: \_\_\_\_\_



Get some sun	Eat 2+ servings of fruit today	Walk your pet without being on your phone	Read from a book	Take a screen-free day
Meditate	Eat 3+ servings of veggies today	Turn on some music and Dance	Star gaze	Wake up early and watch the sunrise
Drink plenty of water	Do a random act of kindness	<b>FREE SPACE</b>	Exercise	Color, draw or paint
Journal	Get 7-8 hours of sleep	Watch a funny movie	Take a nice bath or shower	Spend time outside
Talk to a friend/loved one regularly	Snuggle your pets or snuggle under a cozy blanket	Eat a whole food instead of something processed	Go on a walk	Do a puzzle

Image credit: <https://clipart-library.com/clipart/974500.htm>

Turn in your completed log through interdepartmental mail to **Jenifer Pressley** at **Cullowhee Recreation Center** by June 10th