

April 2026

Stress Less Bingo Challenge

In the 2024 Community Health Assessment Survey, more Jackson County residents reported their typical day felt very or extremely stressful when compared to 2021 results. Excess levels of stress for extended periods of time can have negative side effects on your health including increased risk of heart disease, anxiety, depression and even impacts on your sleep.

This month try to reduce your stress by completing the suggested tasks listed below.

Name _____ Department _____

Take time to draw or doodle	I focused on feeling the sun on my skin for 15 minutes	I took 10 minutes to stretch and breath deeply today	I asked people what they appreciate today	I practiced mindfulness throughout the whole day.
I was brave and set a timer for 5 minutes to be silly	I found 3 people I could reflect a positive trait back to.	I learned a new skill to practice this week	I found a TEDtalk on mental health and shared it with someone	I did a 21 minute fast paced walk or jog today
I found a TEDtalk on mental health and shared it with someone	Take time to draw or doodle	 FREE SPACE	I engaged in "Mindful" eating the whole day	I found 3 people I could reflect a positive trait back to.
I engaged in "Mindful" eating the whole day	I did a 21 minute fast paced walk or jog today	I practiced mindfulness through the whole day.	I took 10 minutes to stretch and breath deeply today	I focused on feeling the sun on my skin for 15 minutes
I found 3 people I could reflect a positive trait back to.	I learned a new skill to practice this week	I was brave and set a 5 minute timer to be silly!	I did a 21 minute fast paced walk or jog today	I practiced mindfulness through the whole day.

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by **May 8th**.

