

March 2021 - Stress Bingo

FaceTime with someone you love	Go for a walk	Write 3 things you are grateful for today	Color or draw something you find beautiful	Watch your favorite movie
Take a relaxing bath or shower	Make a healthy home cooked meal with someone at home or remotely	Listen to your favorite song	<i>Unplug-stay off social media and news all day</i>	Complete an at-home exercise video or routine
Practice 10 minutes of mindful meditation	Call someone you love who is elderly or high risk – check-in with them		Read a book	PLAY WITH A PET
Wake up early and watch the sunrise	<i>Send someone a nice message</i>	Play a game with friends and/or family remotely	Practice Yoga for at least 20 minutes at home	Connect with a group you use to see regularly (Zoom or FaceTime)
HAVE A DANCE PARTY	Stargaze	Light your favorite candle or use your favorite aromatherapy scent	Sit outside and relax to the sounds of nature	Declutter a space

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

See how many times you can say bingo!

Give yourself 1 point for each square you complete.