

May Stress Bingo Challenge

Throughout the month, choose different squares above to work on lowering your stress. See how many times you can say BINGO!

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

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

Name: _____
 Department: _____