


Emotional Wellness Bingo

List 3 gratitudes	Schedule unplug time	Take 5 deep breaths	Declutter a space	Take a walk
Call or text a friend	Send a card to a friend	Turn phone off for 30 minutes	Spend time with a loved one	Don't work during lunch
Go outside	Laugh out loud		Close your computer	Write a coworker a positive email
Walk for 5 minutes	Write a thank you note	Do a negativity weed out	Turn phone off for 1 hour	Take 10 deep breaths
Dance	Solve a brain teaser	Treat yourself	Stretch	Develop/practice a hobby

Visit winterstreak.org for resources and tools to support many of the activities listed above.

