

The Wellness Committee Presents:

# Stress Relief BINGO

**Stress relief is essential for maintaining better mental health, as it significantly reduces anxiety and enhances overall mood. Regularly engaging in relaxation techniques, exercise, and mindfulness practices allows you to manage stress more effectively, fostering resilience and promoting a balanced lifestyle. This November, the Wellness Committee is providing you with 25 stress relief activities to try.**

**By prioritizing stress relief, you can improve your emotional stability, enhance mental clarity, and increase your capacity to cope with life's challenges. Investing time in stress-relieving activities ultimately supports a healthier, more fulfilling life and strengthens overall well-being.**

- Try the stress relief activities below, write the date you completed the activity on the line within the box
- For motivation, try and get 5 in a row for a BINGO!
- To qualify for a chance to win a prize, you will need to complete 20 activities
  - Prizes include one \$150 Visa Gift Card and four \$50 Visa Gift Cards
- Submit this form to HR by December 8th

**Complete this yoga session**



**Journal your thoughts & feelings**

**Be creative, do a simple craft**

draw, color, paint, sew, fold origami, build Legos, crochet, woodwork, etc

**Give someone a long hug**



**Complete this breathing exercise**



**Laugh**

watch a funny movie or your favorite comedian

**Enjoy your favorite snack**



**Refrain from using social media for 24 hours**

**Spend 30+ minutes outside**



**Create & listen to a playlist that makes you happy**

**Catch up with a friend or family member**

**Complete a random act of kindness**

**Take a long hot bath or shower**

**Go for a walk or a drive**



**Make a list of things you're grateful for**

**Read for at least 30 minutes**



**Enjoy a delicious meal**

**Organize a space in your home**



**Audit your social media**  
unfollow people & pages that bother you

**Spend time with animals**



**Practice positive affirmations**



**Stargaze**



**Go to bed early**



**Cuddle up in a warm blanket**



**Complete this meditation**



Name \_\_\_\_\_

Neighborhood \_\_\_\_\_