

Name: _____



BEAT THE BLUES

BINGO

Attend Music for the Mind – Monday, Jan 19 1:00-1:45pm ET	Complete a guided meditation (see the Self-Care Series meditation video, skip to end for the body scan)	Drink an extra glass of water today	Attend Wellness Wednesday – Stress Relaxation Techniques – Jan 21 12:00-1:00pm ET	Digital detox – take a break from social media for a full day
Write down 3 things you're grateful for each day this week	Attend Take a Break Tuesday – Tuesday, Jan 20 11:00-11:30am ET	Create a calming bedtime routine (no screens before bed).	Attend Mindfulness and Breathwork guided session – Jan 23 11:30am-12:00pm	Write down one personal goal for the week
Go for a walk outdoors or other physical activity (shoveling, sledding, ice skating)	Do a quick stretch break (link to Health Moments library stretch)	Attend Bet you Didn't Know – All about your EFAP – Tuesday, Jan 20 2:00-2:30pm ET	Eat a fruit or vegetable at every meal today.	Attend Ask Your CMD: Navigating Your Healthcare Benefits – Jan 21 2:00-3:00pm ET
Attend Goal-Setting: Guided Journaling and Visualization – Jan 22 12:00-1:00pm ET	Share a positive story or compliment with a colleague	Go to bed 30 minutes earlier than usual	Book with a healthcare provider you've been meaning to see (physician, dentist etc.)	Read one chapter of a book or listen to a podcast that inspires you