

Name: \_\_\_\_\_

# BEAT THE BLUES BINGO

Attend <b>Music for the Mind</b> – 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 <b>Wellness Wednesday</b> – 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 <b>Take a Break Tuesday</b> – Tuesday, Jan 20 11:00-11:30am ET	Create a calming bedtime routine (no screens before bed).	Attend <b>Mindfulness and Breathwork guided session</b> – 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 <b>Bet you Didn't Know</b> – All about your EFAP – Tuesday, Jan 20 2:00-2:30pm ET	Eat a fruit or vegetable at every meal today.	Attend <b>Ask Your CMD: Navigating Your Healthcare Benefits</b> – Jan 21 2:00-3:00pm ET
Attend <b>Goal-Setting: Guided Journaling and Visualization</b> – 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