

Ask someone for a recommendation for a book, song, or movie.	Compliment someone.	Be fully present—don't multitask during a meeting.	Put aside your viewpoint, and try to see things from others' viewpoints.	Make plans to volunteer in your community.
Do your favorite childhood activity.	Create an upbeat playlist of songs that motivate you to get things done!	Do 5 things that make you happy.	Take a 5-to-10 minute meditation break.	Go an entire day saying only positive things.
Check out a new-to-you song or funny video.	Enjoy lunch with a friend.		Close your eyes and take 10 deep breaths.	Start your day with a glass of water.
Write down your top 5 stressors and your top 5 de-stressing activities.	Trade one unhealthy snack or drink for a healthy option.	Start your workday by journaling for 5 minutes about the things you will accomplish.	Schedule a walking meeting.	Listen to your favorite motivational song.
Journal for 5 minutes about your most recent accomplishment.	Finish something you've been procrastinating on.	Take yourself out on a date.	Go to bed 15 minutes earlier than usual.	Complete a random act of kindness.

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## Bingo instructions

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Watch the sunset.	Write down what you believe are your 5 best qualities.	Listen to a podcast about stress management.	Journal for 5 minutes about an imperfection and why it makes you perfectly you.	Start a meeting with a round table of celebrations and gratitude.
Celebrate with something other than food.	After eating, check in with yourself. How do you feel? Write it down.	Donate one day's worth of coffee money to a local charity.	Make your bed before going to work.	Take some "you" time to get lost in your favorite hobby.
Replace a high-calorie coffee drink with tea or water.	Share a funny video or meme with a friend.		Write a list of 5 ways to be kind to yourself.	Google and read an article about stress management techniques.
Tell someone how they've helped you grow.	Take 5 minutes to observe your thoughts and feelings—without judgement.	Challenge yourself to a sugar-free day.	Do something nice for someone else.	Clean out your inbox.
Leave an encouraging note for a coworker.	Make a mistake? Own it, and follow up with what you'll do to correct it.	Set out workout clothes before bed so you're prepared for a workout the next day.	Try a mindfulness or meditation app.	Frustrated or upset? Write down 3 things you're grateful for.

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Journal for 5 minutes about what motivates you.	Give kudos to someone who has helped you.	Start a new book about a topic completely new to you.	Do something to make someone laugh.	Sign up for a 5K.
Ask someone how they're doing today, and really listen.	Plant herbs for fresh cooking flavors.	Write down 3 activities that bring you joy. Plan ways to do them more often.	Go geocaching.	Listen actively. Hear what's being said rather than thinking about your response.
Complete an activity that best serves your mental health and emotional well-being.	Declutter a common space, such as your desk or car.		Replace one unhealthy, "celebratory" food item with a healthy choice.	Try a new exercise.
Take a few minutes to watch funny animal videos.	Make an effort to not complain for the whole day.	Stressed? Plan a simple social activity with coworker.	Take time to listen to someone's ideas.	Before going to bed, set out your clothes and pack your lunch for the next day.
Have a team chat about healthy ways you can support each other during times of stress.	Set a calendar reminder to stretch at least 3 times a day.	When others are gossiping, jump in and say something nice.	Focus. Dedicate one day to eliminating multitasking.	Validate someone else's perspective.

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For 3 days, cut back on your caffeine intake.	Change 3 small things about your routine that will help the environment.	Take a social-media-free day.	Fix something that's broken rather than throwing it away and buying a new one.	Write down 3 things you're passionate about.
Get rid of 3 things you never use.	Track your meals for two days and journal for 5 minutes about your observations.	Attend a local comedy performance. Get your chuckle on!	Do a stress-reducing activity during your break, such as coloring, puzzles, or reading.	Start or end your day with 10-15 minutes of yoga.
Ride a bike or take public transit to work at least one day.	Help someone brainstorm for a project they're working on.		Practice positive self-talk—be nice to yourself!	Make a list of 5 things that make you smile. Put it where you can see it daily.
Learn something new about your community's history.	Write an "essentials" list before bed, identifying top-priority tasks for the next day.	Wake up early to exercise before going to work.	Confide in a friend or loved one.	Surprise someone with a thoughtful, inexpensive gift.
Journal for 5 minutes about what it means to be authentic.	Before getting out of bed in the morning, take 5 deep breaths.	Stand during a call or meeting.	Drink at least 8 cups of water in a day.	Notice your body language during a conversation. Does it reflect how you feel?

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Be mindful of how you treat others, and write it down. Would you want to be treated that way?	Watch Dr. Kelly McGonigal's TED Talk about making stress your friend.	Do 5-10 minutes of yoga or meditation before going to bed.	Have fun! Build a blanket fort.	When you're angry, write down 3 things that happened recently that made you smile.
Write down 3 barriers to your goals and 3 potential solutions for each one.	Take a walk break with a coworker.	Share something that makes you laugh with a friend or coworker.	Tap into your senses. Take note of sights, sounds, and smells you otherwise wouldn't notice.	Check out a local farmers' market for fresh, local produce.
Write and send or deliver a thank-you card.	Commit to walking 2,000 steps above your daily average for at least 3 days this week.		Take a short break to color, draw, or scribble.	Turn off all screens and electronic devices a half hour before going to bed.
Tackle a home project that keeps falling off your to-do list.	Try something new that could bring you joy.	Dedicate a day to screen-free mealtimes. Enjoy the company around you as you dine.	Try a healthier take on a favorite recipe.	Each day for 3 days, trade out at least one high-calorie beverage for a glass of water.
Attend a community event.	For at least 3 days, keep a list of everything you complete (at work and home).	Stressed? Take a few minutes to do something that makes you laugh or brings you joy.	Start a gratitude jar. Write down and add one thing each day.	What makes you belly-laugh—as in, REALLY laugh? Pursue that as often as possible this week.

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Get a massage.	Each day for at least 3 days, write down your biggest accomplishment.	Holding a grudge? Give yourself permission to let it go and move forward.	Google and read an article about mindfulness techniques.	Learn something new about a different culture.
For at least one day, drink water before each meal and snack.	Make plans to check out a local farmers' market for fresh, local produce.	Open a meeting with positive words of encouragement.	Call someone who is important to you. Just because.	Identify 3 things you want to improve upon, and take the first steps!
Make a little extra food at dinner, and pack it for lunch the next day.	Have a team chat about how you all like to be recognized and appreciated.		Rephrase 3 negative or neutral statements you use to make them positive statements.	Give yourself a hand or foot massage.
Negative feelings? Chat with a friend or hug a loved one.	Prepare at least three lunches for yourself this week.	Give your email a break. Find an opportunity for a brief, in-person conversation.	Make a pros/cons list for a health behavior you've been wanting to change or improve.	For at least 3 days, replace one caffeinated drink with water.
How's your attitude toward food? Journal about it for 5 minutes.	Overwhelmed? Write down 5 things you have complete control of.	On a call? Use this opportunity to do hand, wrist, shoulder, and neck stretches.	Learn something about an in-season veggie and how it nourishes your body.	Make plans to do something nice for yourself this weekend.

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Write a thank-you note to volunteers at your favorite local organization.	Take a walk in the sunshine!	Make note of things that improve your mood, and try adding some to your daily routine.	Write down a health habit you're working on improving.	Clean out your inbox.
Reconnect with someone you haven't talked to in a while.	Pay attention to your jaw. Clenching? Grinding your teeth? Observe and relax.	Research an unfamiliar topic.	Portions out of control? Scale back to healthy portion sizes for at least 3 meals.	Track your spending for 3 days, and identify at least one place where you can cut back.
Smile and say hello to people you pass in the hall.	When you fail or something goes wrong, write down what you learned from the experience.		Start a meeting with a joke or funny story.	Set a SMART goal (specific, measurable, attainable, realistic, timely)
Schedule meetings to end 5-10 minutes earlier—help others be on time for what's next!	Set calendar reminders to do self-care activities on an ongoing basis.	Track how much time you spend on social media in one day. Note your observations.	Get a massage.	Stressed? Change your environment—take 5 minutes to go somewhere else to regroup.
Take 5 deep breaths at the start of your work day, after your lunch break, and before you go home.	Celebrate with something other than food.	Declutter a common space, such as your desk or car.	Slow down—take the time to really focus on what you're doing. Observe the outcome.	Procrastinating? Give the task at least 5 minutes of your best effort, then either finish or save it for later.

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Get rid of 3 things you never use.	Try a new exercise.	Take time to listen to someone's ideas.	Open a meeting with positive words of encouragement.	Finish something you've been procrastinating on.
For at least 3 days, replace one caffeinated drink with water.	Plant herbs for fresh cooking flavors.	Write an "essentials" list before bed, identifying top-priority tasks for the next day.	Smile and say hello to people you pass in the hall.	Prepare at least three lunches for yourself this week.
Learn something new about a different culture.	Set calendar reminders to do self-care activities on an ongoing basis.		Create an upbeat playlist of songs that motivate you to get things done!	Practice positive self-talk—be nice to yourself!
Change 3 small things about your routine that will help the environment.	Make plans to volunteer in your community.	Call someone who is important to you. Just because.	Take a walk in the sunshine!	Journal for 5 minutes about what motivates you.
Do your favorite childhood activity.	Identify 3 things you want to improve upon, and take the first steps!	Do something to make someone laugh.	Schedule a walking meeting.	For at least one day, drink water before each meal and snack.

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Check out a new-to-you song or funny video.	Complete a random act of kindness.	Reconnect with someone you haven't talked to in a while.	Declutter a common space, such as your desk or car.	Ask someone how they're doing today, and really listen.
Listen to a podcast about stress management.	Do 5 things that make you happy.	Set a SMART goal (specific, measurable, attainable, realistic, timely)	Validate someone else's perspective.	Put aside your viewpoint, and try to see things from others' viewpoints.
Make your bed before going to work.	Replace a high-calorie coffee drink with tea or water.		Track how much time you spend on social media in one day. Note your observations.	Stressed? Plan a simple social activity with coworker.
Write a list of 5 ways to be kind to yourself.	Tell someone how they've helped you grow.	Celebrate with something other than food.	Ask someone for a recommendation for a book, song, or movie.	Go geocaching.
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Frustrated or upset? Write down 3 things you're grateful for.	Declutter a common space, such as your desk or car.	Schedule a walking meeting.	Trade one unhealthy snack or drink for a healthy option.	Google and read an article about stress management techniques.
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Take yourself out on a date.	Make plans to do something nice for yourself this weekend.	Close your eyes and take 10 deep breaths.	On a call? Use this opportunity to do hand, wrist, shoulder, and neck stretches.	Watch the sunset.
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