


**RCC Health & Wellness Committee
Presents**

Physical BINGO Card!

**Week 3 theme: Mental, Meditation,
Breathing, Journaling**

Protecting our mental health is easier than you might think. We can all do it every day, and with simple activities that help us feel OK, we're better able to cope with life. It's a bit like brushing your teeth daily – important in preventing problems. It's the same for our mental health. It can also be fun! You can find tips on protecting your mental health at: <https://www.mentalhealth.org.uk/explore-mental-health/publications/our-best-mental-health-tips>

Drink 8 cups of water in a day	Spent a break away from my work space	Completed a memory game (e.g., crossword, jigsaw)	Meditate for 10 minutes	Express creativity (e.g., draw, paint, sew, craft)
Take 10 deep breaths	Sleep for a full 8 hours	Choose a healthy drink over a sweetened beverage	Send a letter/card to a friend or family member	Play a board game
Eat lunch away from my desk	Spend 15 minutes practicing gratitude	 Free Space!	Practiced yoga poses or tai chi to relieve stress	Tell a co-worker/family member 5 affirmations
Do 5 self-affirmations	Check out a book from the library	Video chatted with a friend or family member	Write in your journal	Stretch 2-3 times in a day
Take a break from social media during your lunch	Speak with an old friend	Work on a new skill or hobby	Use kind, self-talk	Read a chapter in a book



Participate in this week's physical BINGO with the BINGO card above. Each individual that submits a BINGO will win a prize! Complete a BINGO in all 4 weeks and be entered in for an extra special prize.

Email completed BINGO cards to cmurff@rogucecc.edu