**Mental Health Bingo Challenge**

**Wednesday, December 1 – Friday, December 31**

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| **B** | **I** | **N** | **G** | **O** |
| Read an article on the ‘Resource’ tab of the EAP site \*\*\* | Sign into the EAP, setup your login, and send info that you’ve logged in | For 10 days, write/journal about 3 things that you are grateful for \*\*\*\* | 30 Minutes of Exercise \* | Complete an art or craft \* |
| Meditate for at least 10 minutes \*\* | Get out of your comfort zone, try a new activity, go on an adventure \*\* | Send a thank you note/email to someone letting them know why you appreciate them\*\*\*\* | For 10 days, free write/journal about anything of your choice \*\*\*\* | Listen to a podcast on mental health \*\*\* |
| Read a book \*\*\* | Complete an art or craft, submit a picture of your masterpiece \* | Sign into the EAP, setup your login, and send info that you’ve logged in | For 10 days, write/journal about 3 things that you are grateful for \*\*\*\* | Read an article on the ‘Resource’ tab of the EAP site \*\*\* |
| 30 Minutes of Exercise \* | Listen to a podcast on mental health \*\*\* | Get out of your comfort zone, try a new activity, go on an adventure \*\* | Send a thank you note/email to someone letting them know why you appreciate them\*\*\*\* | Meditate for at least 10 minutes \*\* |
| For 10 days, write/journal about 3 things that you are grateful for \*\*\*\* | Read an article on the ‘Resource’ tab of the EAP site \*\*\* | Complete an art or craft \* | Listen to a podcast on mental health \*\*\* | 30 Minutes of Exercise \* |

RULES

* For each regular bingo (five boxes in a row vertically, horizontally, or diagonally) receive 1 entry (max of 5 entries). You can complete as many regular bingos as you’d like until you reach a black out (no verification needed)
* Complete a black out, all 25 boxes and receive 6 entries (no verification needed)
* If you decide to submit verification of the activities you complete, you can earn extra entries into the drawing for the prize (see key below).
* Compile and submit “verification” of activities and Bingo card to Cassandra at [cassandrar@foothillsgateway.org](mailto:cassandrar@foothillsgateway.org) by Tuesday, January 4. Your entries will be put into a drawing for the final prize, which will be pulled by the end of the week, Friday, January 7.

KEY

\*Submit a picture of you completing the art and craft or exercise activity (can get up to 6 extra entries for your submissions)

\*\*Submit the name/link of the meditation you completed with a written reflection on your experience (can get up to 4 extra entries for your submissions)

\*\*\*Summarize your takeaways or favorite parts from the article or book you read, or the podcast you listened to (can get up to 7 extra entries for your submissions)

\*\*\*\*Submit a reflection on how sending a note or journaling throughout the month impacted you (can get up to 4 extra entries for your submission)

Prize – Gift card to Samana Float Center

Floating is “The remarkable experience in which one floats weightlessly on his or her back in a dense saline solution at body temperature”. It helps improve your mental and physical health, as well as improve your creativity!

**If you don’t make time for your wellness, you will be forced to make time for your illness!**