

EMPLOYEE WELLBEING

SELF-CARE BINGO

There are many strategies for wellness, but the foundation is self-care. Taking care of yourself allows you to better support and/or take care of others.

The 7 pillars of self-care are:

- Mental
- Emotional
- Physical
- Environmental
- Spiritual
- Recreational
- Social

In keeping with the 7 pillars of self-care, let's play bingo. Each square in the bingo game relates to one of the 7 pillars of self-care.

Have FUN!!

NAME (PLEASE PRINT): _____

INSTRUCTIONS

1. Print the bingo card or complete digitally. Put a star on each activity, task, or behavior you complete.
2. Score bingo by completing 5 squares in a row (across, down, diagonal, or 4 corners with FREE space).
3. Blackout is not required 😊
4. Submit your completed bingo board to DAsh@infinityrehab.com or text picture of board to 971-501-0036.
5. Bingo cards must be submitted by **August 31st** for a chance to win a prize.

<p>Create a "YAY" list at the end of the day Focus on what's going RIGHT in your life</p> 	<p>Commit to a walking Schedule with a friend, even if you can't do it together</p> 	<p>Try a new recipe</p> 	<p>Volunteer for a local non-profit</p> 	<p>Do NOTHING Whatever "nothing" means to you</p> 
<p>Buy yourself a coffee or tea</p> 	<p>Take a break from technology for 24 hours</p> 	<p>Be around someone who makes you laugh. (reduces blood pressure)</p> 	<p>Write down your goals (weekly, monthly or annually)</p> 	<p>Tell someone you are grateful for them</p> 
<p>Have a meal with a friend</p> 	<p>Eat a high-energy breakfast for 5 days in a row</p> 	<p>FREE SPACE</p>	<p>Spend 30 minutes outside</p> 	<p>Sleep at least 8 hours a night two times a week</p> 
<p>Review your retirement strategy</p> 	<p>Drink 64 ounces of water per day at least twice a week</p> 	<p>Treat yourself to some chocolate</p> 	<p>Be creative Craft, cook, sing, bake, make music, color</p> 	<p>Share a recipe</p> 
<p>Learn something new</p> 	<p>Take a hot bath (helps with circulation)</p> 	<p>Pet an animal (reduces stress)</p> 	<p>Have dessert Life is about balance!!</p> 	<p>Watch a sunrise or sunset</p> 