

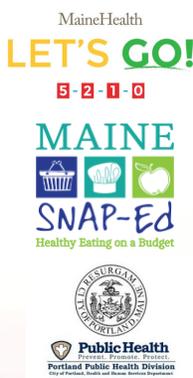
Healthy YOU Bingo Challenge

WEEK 1: STRESS LESS, SMILE MORE

Name: _____

Mark each box you complete with a check!

				
Take a walk outside without your phone or music-- just focus on nature	Write a letter to someone you love	Stop yourself from saying something negative	FaceTime with a family member or friend you miss	Take five deep breaths when you wake up before you start your day
Get at least 7 hours of sleep every night this week	Download a mandala coloring page and get coloring!	Leave a thank you note for your garbage collector or mail person	Meditate for 5 minutes	Do a yoga video on YouTube
Write down 5 things you are grateful for	Take a bath-- maybe add some Epsom salt or essential oils!	FREE Or any activity you want to write in!	Call or text a friend and tell them to have a great day	Cook yourself a comfort food
Make yourself a soothing cup of tea	Wear your face mask when you go out in public	Reminisce with a friend about a fun adventure in your past	Spend time reading a book	Try a meditation app such as Calm or Headspace
Take a stretch break in the middle of your day	Play a board game or a game of cards	Take your dog for a walk	Plan your spring garden	Turn off screens 30 minutes before bed



See how many times you can get Bingo (5 in a row), and at the end of the week email your completed bingo card to heal@portlandmaine.gov by Sunday night (5/10). For each bingo card you complete, your name will be entered into a drawing for a prize at the end of the 4 week challenge.