

DE-STRESS BINGO

Are you feeling any of the following symptoms? Fatigue, dizziness, lack of concentration, memory lapse, appetite change, restlessness, depression, and impatience. If so, time for bingo.

How to play: Select and complete four de-stressing activities in a row, and start getting your stress under control.

Massage
Therapy*

Write 5
positive
affirmations

Start
Journaling

Practice
Yoga

Exercise

Read about
something
that interests
you

Paint, draw,
or color

Aroma
Therapy*

Listen to
your favorite
song

Acupuncture*

Practice deep
breathing

Dance to
your favorite
song

Take a break
outside

Listen to a
guided
meditation

Drink
hot tea*

Take a
relaxing
shower or
bath

*Available at The Healthy Living Program

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