

Move for Mental Wellness

B I N G O

Take a walk outside for 20 minutes	Meditate for 10 minutes	Call a friend or family member to catch up	Try a new healthy recipe	Write down three things you're grateful for
Drink 8 glasses of water throughout the day	Take a break from social media for the day	Do a 15-minute yoga routine	Write in a journal for 10 minutes	Spend time in nature
Try a new hobby	Take a relaxing bath	Get a good night's sleep (7-8 hours)	Listen to your favorite music or podcast	Practice deep breathing for 5 minutes
Connect with a coworker outside of work hours	Spend time with a pet or volunteer at a shelter	Take a digital detox for the day	Read a book for pleasure	Stretch for 10 minutes
Take a break from caffeine for the day	Practice self-care	Declutter your workspace or living area	Attend a wellness event or workshop	Try a new form of exercise

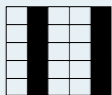
Move for Mental Wellness

BINGO Game Instructions

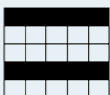
- Printable BINGO cards are located on the Move for Mental Wellness event microsite.
- During the month-long event, perform the activity indicated on a square, document it with a selfie (aka snap a photo of yourself) and upload it to the submission portal on heartlandvetpartners.com/wellness.
- Once you have a BINGO, email wellness@heartlandvetpartners.com with your selfies and a picture of your BINGO Card.
 - Include your filled-out card
 - Attach the photos of your activities

WAYS TO MAKE BINGO:

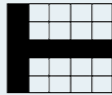
2 Vertical



2 Horizontal

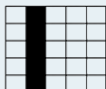


Vertical and Horizontal

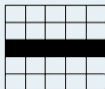


YOU CAN GET MORE THAN ONE BINGO ON A CARD, EXAMPLES

Vertically



Horizontally



Diagonally



Coverall



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