



Self-Care Bingo

Objective: To engage in more self-care activities for optimal health.

Time Duration: This is a four-week challenge but can also be shortened.

How to Play: For every activity completed, cross it out on your Bingo card.

Ready, Set, BINGO!



Self-Care Bingo

Getting Started:

1. Decide what dates Self-Care Bingo will run.
2. Establish a sign-up period (for example, one or two weeks) before the challenge start date.
3. Determine how participants' Bingo cards will be scored and how winners will be rewarded.

Remember: Challenge rewards do not have to be tangible. Announcing the winners in an email, e-newsletter and/or flier are all great ways to give recognition!

4. Announce the challenge to employees. (This can be done via email, e-newsletter, department intranet and/or fliers.)
5. At the close of the sign-up period, contact all participants to share the following:
 - A welcome, congrats and/or thank you for participating in the challenge.
 - Dates of when the challenge will begin and end.
 - Instructions on how to play the challenge.
 - Details about how to submit Bingo cards for scoring and how winners will be rewarded.

NOTE: Don't forget to BCC participants if contacting them via email.

6. Print the Bingo card and distribute it to all participants.
7. Each week send participants a friendly email reminding them to engage in the challenge and have fun with it. Your communication might include additional info, such as tips and tricks, inspirational quotes and/or participant photos.
8. As the challenge comes to an end, send a reminder to participants to submit their Bingo cards for scoring and award those who got Bingo!

Materials Needed:

- Sign-up sheet (optional)

NOTE: Please do not collect any personal or private health information (i.e., weight, age).

- Bingo cards
- Prizes (optional)

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Weekly Reminders to Participants:

WEEK #1

It's the first week of Self-Care Bingo! Overall wellness includes taking care of yourself. Most people automatically think of eating right and exercising, which are important, but also important is taking care of your mental health. The activities on the Bingo card are reminders to take time for yourself.

*"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others." — **Audrey Hepburn***

WEEK #2

You've officially completed one week of Self-Care Bingo!

We recommend starting your second week by setting some intentions like making a [SMART goal](#), scheduling some time for self-care or finding an accountability partner to support you.

One of the Bingo card activities is to watch a TED talk. Check out these [TED talks](#) on the importance of self-care.

*"Do something nice for yourself today. Find some quiet, sit in stillness, breathe. Put your problems on pause. You deserve a break." — **Akiroq Brost***

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Weekly Reminders to Participants (continued):

WEEK #3

You did it! You've made it halfway through Self-Care Bingo! Hopefully you're starting to feel the positive effects of taking time for yourself.

Just remember, taking care of yourself allows you to take care of others. One of the Bingo card activities is to explore the [Here4TN](#) website. Here4TN has numerous resources designed to help YOU. You can also call anytime day or night: 855-Here4TN (855-437-3486).

*"Take time to do what makes your soul happy."– **Unknown***

WEEK #4

It's almost over! Self-Care Bingo will end on <insert end date>. We can't wait to hear how you've added self-care into your routine.

Don't forget to submit your Bingo card to <insert email address> and join us for a challenge celebration on <insert date & details>!

Will anyone be able to complete ALL activities on the Self-Care Bingo card?!



Self-Care BINGO Card

B	I	N	G	O
Enjoy nature for 20 minutes	Try guided meditation	Watch a favorite movie	Use your break to take a brisk walk	Explore the Here4TN website
Listen to relaxing music	Take a one-hour break from technology	Spend time with loved ones	Watch a TED talk	Take time to relax (take a bath, sit outside, etc.)
List 5 (or more) things you are grateful for	Read for enjoyment	FREE SPACE	Make a SMART goal related to self-care	Try a new recipe
Play a favorite game	Take 10 deep breaths	Schedule a stretch break every day for 1 week	List 5 (or more) things you love about yourself	Spend time with pet(s) and/or watch a funny video
Do a quick stretch break at your desk	Recruit a coworker or friend to join you for a walk	Pamper yourself (massage, pedicure, etc.)	Get 7-9 hours of sleep	Take time for a hobby