

Self-Care September

B I N G O

Meditate for 15 minutes	Stretch for 15 minutes before bed	Drink 64 oz of water in a day	Read 10 pages of a book of your choice	Watch the sunset
Practice yoga	Stretch for 15 minutes when you wake up	Spend 30 minutes outdoors	Go to bed 1 hour earlier than normal	Spend 30 minutes alone
Walk a mile	Go for a bike ride or exercise for 30 minutes	FREE	Take a nap	Listen to music for 15 minutes
Talk to a friend on the phone	Write in a journal	Turn off your devices 1 hour before bed	Exercise for 30 minutes	Write someone a thank you card
Eat a meal with your family	Make a list of goals	Do a guided meditation	Recite positive affirmations	Create a vision board

Directions:

- 1 Complete as many of these Self-Care activities in September as you can!
- 2 Track your activities and return your completed card to NoahHR@honorhealth.com by **September 30**.
- 3 All participants that complete a BINGO (five activities in a line) will be entered into a raffle for a small prize. Three winners will be chosen!
- 4 All participants that complete a BLACKOUT (every activity on the board) will be entered into a raffle for a large prize. Two winners will be chosen!
- 5 Winners will be announced on Oct. 1.

Questions? Contact NoahHR@honorhealth.com or your Employee Experience Champion.