

April 2023 Mindful

B I N G O

Challenge

Meditate for 15 minutes	Stretch for 15 minutes before bed	Drink 64 oz of water in a day	Take at least 20 minutes to eat a meal	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	Pack a snack w/protein (nuts, boiled eggs, jerky)
Walk a mile	Go for a bike ride	FREE	Make a list of foods that make your body feel good	Listen to music for 15 minutes
Make a grocery list	Write in a journal	Turn off your devices 1 hour before bed	Exercise for 30 minutes	Eat until you feel 80% full and then monitor hunger/fullness
Eat a meal with your family	Practice deep breathing for 15 seconds	Do a guided meditation	Recite positive affirmations	Honor your hunger — eat a meal/snack when you feel hungry

Directions:

- 1** In April, complete as many self-care activities below as you can!
- 2** Track your completed activities and email tjewell@noahhelps.org each time you get a bingo by **April 30th**
- 3** All participants that complete a BINGO (5 activities in a straight line on the board) will be entered in to a raffle for a small prize. You can enter multiple times (each completed line is considered 1 entry)

Questions? Reach out to tjewell@noahhelps.org or your Employee Experience Champion