Healthy Workplace Month Contest

READY-SET-BINGO!

Gratitude Bingo is a way for you to improve your health and well-being at work and get entered to win prizes for your participation!

All you need to do is print the bingo card and mark off squares as you complete them.

- You have an entire month to work towards finishing the whole card!
- At the end of the month, you can email or send in your card and you'll get entered to win.
- You get one entry per line up to 3 lines, and 5 entries for accomplishing every square on the card.

Submit your bingo card to wellnessatwork@uoguelph.ca by the end of October.

More info and activities at https://www.uoguelph.ca/wellnessatwork/
### Healthy Workplace Month

**Gratitude Bingo**

<table>
<thead>
<tr>
<th>Do a gratitude activity first thing in the morning.</th>
<th>Engage in daily gratitude activities for at least two weeks.</th>
<th>Write and email a thank-you note to a colleague.</th>
<th>Start a gratitude journal.</th>
<th>Reminisce on memory you are thankful for.</th>
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</thead>
<tbody>
<tr>
<td><strong>Send a loved one some happy mail.</strong></td>
<td>Use three -four thankful Tuesday prompts from the wellness calendar.</td>
<td>Donate items you no longer need.</td>
<td>Use one - two thankful Tuesday prompts from the wellness calendar.</td>
<td>Notice when your thoughts show judgement.</td>
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<tr>
<td><strong>List 5 things you’re grateful for using each of your senses.</strong></td>
<td><strong>Try a gratitude meditation.</strong></td>
<td><strong>Take a gratitude walk.</strong></td>
<td><strong>Do a random act of kindness.</strong></td>
<td><strong>Show yourself gratitude by taking your lunch break uninterrupted.</strong></td>
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<tr>
<td><strong>Use each letter of the alphabet to list what you are grateful for.</strong></td>
<td>Mindfully eat and savour a meal.</td>
<td>Engage in daily gratitude activities for at least one week.</td>
<td>Write a thank you note to yourself for taking the time this month to engage in gratitude.</td>
<td><strong>Keep a gratitude jar.</strong></td>
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<tr>
<td><strong>Take a photo of something you are thankful for.</strong></td>
<td><strong>Do a gratitude activity right before bed.</strong></td>
<td><strong>Give a specific reason why practicing gratitude is important to you.</strong></td>
<td><strong>Use all four thankful Tuesday prompts from the wellness calendar.</strong></td>
<td></td>
</tr>
</tbody>
</table>

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NAME: ____________________________

DEPARTMENT: ____________________________

EMAIL: ____________________________

EXTENSION: ____________________________