

Participate in the **Wellness@Work BINGO challenge** throughout the month of May. Check off any of the activities that you do and submit your BINGO sheet to wellnessatwork@uoguelph.ca at the end of the month. Everyone who participates will be entered into a draw for a prize!



B	I	N	G	O
<p>Make a recipe from Hospitality's "Cook Like a Chef" blog</p>	<p>Join the U of G Wellness@Work Community Teams group</p>	<p>Spend 5 mins doing a mindfulness practice</p>	<p>Look at EFAP programs and blogs that may be of interest</p>	<p>Connect with a coworker to see how they are doing</p>
<p>Follow @UofGHR on Twitter for regular updates</p>	<p>Stay off Netflix or social media for 48 hours!</p>	<p>Have a dance party in your kitchen</p>	<p>Write a letter and send it to someone who has positively impacted you</p>	<p>Listen to a Ted Talk or Lynda.com video</p>
<p>Write in a journal and reflect</p>	<p>Participate in a Learning and Development program</p>	<p>Free Space</p>	<p>Complete a workout live on @Gryphons_Fitness Instagram</p>	<p>Adjust your work set-up to be more ergonomic</p>
<p>Share an inspiring quote with a colleague</p>	<p>Write 5 things you are grateful for</p>	<p>Go for a walk outside and stay off your phone</p>	<p>Do a creative activity (draw, paint, colour a picture, etc.)</p>	<p>Drink 8 glasses of water in a day for 5 days</p>
<p>Make a Self-Care and Resilience Plan</p>	<p>Browse wellness resources on the Covid-19 Wellness Resources page</p>	<p>Reach out to a family member or friend you miss</p>	<p>Smile and reflect on something that makes you happy</p>	<p>Sign up for the Coping with COVID-19 Learning Snippets</p>