

STRESS RELIEF BINGO

<p>Lower Body Circuit</p> <p>10 body weight squats 25 jumping jacks 10 alternating lunges 3 rounds/ 30 sec rest</p>	<p>Core Circuit</p> <p>30 sec plank 10 bicycles 10 glute bridges 3 sets/30 sec rest</p>	<p>Better Beverage</p> <p>Replace one beverage today with a large glass of water</p>	<p>Take a Break</p> <p>From counterproductive behavior like worrying, gossip, complaining, etc.</p>	<p>Upper Body Circuit</p> <p>10 push ups 10 arm circles each way 10 chair triceps dips 3 rounds/ 30 sec rest</p>
<p>Laugh Out Loud</p> <p>Watch or read something funny, share a joke on social media or send a funny email</p>	<p>10/2 Stretch</p> <p>Take a 5 minute stretch break at 10 a.m. and 2 p.m.</p>	<p>Get some Vitamin D</p> <p>Spend at least 20 minutes outdoors</p>	<p>Healthy Goodies</p> <p>Look up a healthy recipe option for making your favorite dessert</p>	<p>Create a Playlist</p> <p>Use your favorite app to create the perfect playlist for all your favorite activities</p>
<p>Stress Less</p> <p>Take a 20 minute break to read, meditate or practice some deep breathing</p>	<p>Sharpen Your Mind</p> <p>Complete a brain game, crossword or puzzle</p>	<p>Unplug and Engage</p> <p>Turn off the electronics and spend a few hours doing something fun with the family</p>	<p>Breath Deep</p> <p>Set a timer for 10 minutes and just focus on the rhythm of the inhale and exhale of your breath</p>	<p>Cardio Circuit</p> <p>25 jumping jacks 10 burpees 10 Squat jumps 3 rounds/ 60 sec rest</p>
<p>Eat more Fruits & Veggies</p> <p>Fill half of your plate with fruits and veggies</p>	<p>Call a friend or family member</p> <p>Someone you haven't talk to for a while or check in on family members.</p>	<p>Get Organized</p> <p>Use a planner/notebook to make a task list and check some things off</p>	<p>Important Things To Do</p> <p>List 3 priorities for Spring. Do what you can, where you are, with what you have</p>	<p>Share your Gratitude</p> <p>Share with someone 3 things that you were grateful for in the last 24 hours</p>
<p>Recharge with a Power Nap</p> <p>Set a timer for 20-30 minutes</p>	<p>Express Your Creativity</p> <p>Spend time drawing, painting, dancing or singing etc.</p>	<p>HIIT Circuit</p> <p>25 high knees 10 alternating step ups 25 jab punches 3 rounds/ 60 sec rest</p>	<p>Get Some Rest</p> <p>Aim for 7-8 hours of sleep in one night</p>	<p>Self-Care</p> <p>Plan to do something just for yourself</p>