Resilience Bingo

Build and Support your Resilience this week –complete at least **five** of the activities listed below. To support the idea that resilience is about being flexible – do the activities in any order . . . no need to complete traditional Bingo of diagonal/row/column.

Have fun!!

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| Unplug from Social Media for a day | Get at least 8 hours of sleep in a night | Call or video chat with a friend or family member | Write down 3 things you are thankful for today | Play for 30 minutes |
| Drink at least four – 16 oz glasses/ bottles of water | Do something spontaneous | Eat a serving of vegetables at every meal for a day | Get physically active for at least 20 minutes | Unplug from the news for a day |
| Spend 2 hours doing something you enjoy | Complete a random act of kindness | Sit and daydream for 30 minutes | Watch or listen to something that makes you laugh | Sit and practice a breathing exercise |
| Acknowledge a difficult moment and meet it with compassion | Eat only healthy snacks for the day  (no sugar) | Enjoy the scenery for  30 minutes  (sit on a park bench) | Write out three short term (1 month) and  one long term  (1 year) goals | Complete a round of CR or other stretching exercises |
| Organize a drawer | Your choice  \_\_\_\_\_\_\_\_\_\_\_ | Attend Wellness Time meeting | Color, paint or draw something | Get in an extra walk this week |

Resilience is your ability to ‘bounce’ back and through the unpredictability of life