



# Stress Awareness Bingo Card

## How to Play:

1. Mark off each square as you complete it.
2. Aim for a row, column, diagonal — or fill the whole card!
3. Share your wins with your team to inspire others.

Take 5 slow, deep breaths — in through the nose, out through the mouth.	Go for a 10-minute walk to reset your mind.	Drink a full glass of water.	Stretch your arms and roll your shoulders.	<u>Watch an on-demand Circle about stress and burnout.</u>
Take a screen break and look out a window.	Listen to calming music or nature sounds.	Do a one-minute posture check.	<u>Take a mental health break for stress.</u>	Practice saying: “I can only do one thing at a time.”
Spend 5 minutes tidying your workspace.	<u>Find 10 minutes to relax and increase inner peace.</u>	Write down three things that went well today	Try a short breathing or grounding meditation.	Step outside and notice what you see, hear, and feel.
<u>Master skills to target stress with this course.</u>	Write down a worry — then write what’s within your control.	Take a mindful break while making tea or coffee.	Do 10 jumping jacks or gentle stretches to move stress through your body.	Close your eyes and rest your hands over your heart for 30 seconds.
Pause and unclench your jaw, shoulders, and fists.	Check in with your body: What does it need right now?	<u>Learn deep breathing techniques for stress.</u>	Give yourself permission to rest without guilt.	Repeat this affirmation: “I am doing my best, and that’s enough.”

“You can’t always control what happens — but you can choose how you care for yourself through it.”