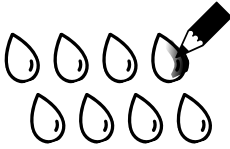
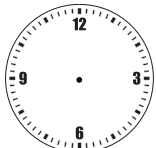




# SELF-CARE BINGO: WORKPLACE EDITION

## A TOOL TO HELP GUIDE SELF-CARE ACTIVITIES

By taking time to care for yourself, you can better cope with workplace stressors and anxieties, and improve your overall wellbeing. Encouraging your workplace to opt in to self-care activities can help support employee productivity, retention and create a positive work environment for all. Self-care is considered any deliberate activity that supports our mental, emotional, and physical health. Use the stackable bingo prompts below to get started. Try one or all. Create your own. Start small. Remember: self-care is not selfish.

|   |                                     |  |   |  |
|---|-------------------------------------|--|---|--|
| WORE MY FAVOURITE OUTFIT (COMFY/FUN/FANCY)  | DECLUTTERED MY WORKSPACE/OFFICE     | TOOK THE PRESSURE OFF BY SETTING A 'ONE DELIVERABLE A DAY' GOAL                                    | CHECKED IN WITH MY OFFICEMATES "HOW ARE YOU REALLY?"    | PRACTICED ACTIVE LISTENING   |
| ASKED A COLLEAGUE FOR HELP  | TOOK THREE DEEP BREATHS             | SPENT 10 MINUTES OR MORE ENGAGING IN INTENTIONAL MOVEMENT  | PROCESSED MY FEELINGS #SITWITHIT                        | ENCOURAGED A TEAM MEMBER   |
| TOOK A ONE-DAY SOCIAL MEDIA BREAK   | BROUGHT MY FAVOURITE LUNCH OR SNACK | <b>FREE</b><br> | MINDFULLY ATE MY LUNCH OR SNACK                         | PRACTICED 'THINK' BEFORE RESPONDING IS IT TRUE/ HELPFUL/ INSPIRING/ NECESSARY/KIND?                              |
| DRANK ENOUGH WATER<br> | TOOK A BREAK WHEN I NEEDED ONE      | COMPLIMENTED MYSELF ON A JOB WELL DONE   | HELD A FUN TEAM LUNCH & LEARN (WITH PIZZA)              | SPENT TIME OUTDOORS IN NATURE  |
| MADE A CHECKLIST OF TASKS FOR THE DAY/WEEK AHEAD  | TOOK A DAY OFF                      | COMPLIMENTED SOMEONE ON A JOB WELL DONE  | JOURNALED MY THOUGHTS OR WROTE DOWN WHAT HAPPENED TODAY | WENT HOME ON TIME/EARLY<br> |

