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Improve Your Resiliency:	Internal Beliefs	Relationships	Initiative	Self-Control
Try 2 <a href="#">Mindfulness-at-Work Activities</a>	Think of 3 things you are grateful for every day this week	Pick a family member or friend of the week to do something nice for	Cook a healthy meal and get 7-9 hours of sleep	Watch 5 Tuesday Tips videos (intranet> Employee Resources> #DevereuxStrong)
Incorporate strength training and 10 minutes of stretching 2-3 days this week	Take the <a href="#">Devereux Adult Resilience Survey (DARS)</a>	Tell a coworker something you appreciate about them	Find a local trail to go for a hike on your day off and take a walk before or after work 2 days this week	Work on forming the habit of applying sunscreen or moisturizer with SPF
Enjoy nature by heading outside to walk, jog or ride a bike 2 days this week	Practice flipping negatives to positives and reframing challenges as opportunities		Hydrate! Drink half your weight in ounces of water	Try a morning or bedtime meditation 5 days this week
Watch 4 videos from the Resilience Library (intranet> Employee Resources> #DevereuxStrong)	Take Devereux's online course: "Remember Your Resilience-Internal Beliefs"	Spend time with a pet or favorite person	Schedule a dental cleaning, physical or necessary screenings if you're due for any of these	30 minutes of yoga and one minute of corpse or child's pose 2 days this week
Watch the <a href="#">[Webinar on Demand] Resilience and Servant Leadership</a>	Replace 30 minutes of screen time with 30 minutes of physical activity 2-3 days this week	Take Devereux's online course: "Remember Your Resilience-A Focus on Relationships"	Read before bed 3 nights this week	Eat a meal where you set down your fork between each bite to focus on the flavor

**May is Mental Health Awareness Month.**

**Celebrate by playing Choose to Move BINGO!**