

B	I	N	G	O
Improve Your Resiliency:	Internal Beliefs	Relationships	Initiative	Self-Control
Think of 3 things you are grateful for every day this week	Take a 10-minute stretch break 3 times this week	Pick a family member or friend of the week to do something nice for	Get 7-9 hours of sleep	20 inchworms 20 spider lunges 20 reverse crunches 20 crab crunches 60 second plank
Watch 5 Tuesday Tips videos (intranet> Employee Resources> #DevereuxStrong)	Find a local trail and go for a hike	Practice being a better listener	Learn something new or do something creative	Take a break from screen time during your time off
Enjoy nature by heading outside to walk, jog or ride a bike twice this week	Write 10 affirmations to replace negative thoughts with positive ones		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)	10 good mornings 10 pistol squats 20 calf raises 30 side lunges 30 walking lunges	30 stair hops 30 Russian twists 30 lunges 30 leg raises 30 Charleston hops	Schedule a dental cleaning, physical or necessary screenings if you're due for any of these	Try 2 Mindfulness-at-Work Activities
30 high knees 30 shoulder taps 30 low traveling bear crawl 30 knee pull ins 30 leg raises 30 chair dips	Give yourself 3 compliments	30 minutes of yoga and one minute of corpse pose	Eat a meal where you set down your fork between each bite to focus on the flavor	Read before bed 3 nights this week

**May is Mental Health Awareness Month.
Celebrate by playing Choose to Move BINGO!**