

R	E	L	A	X
<u>Donate Your Time</u> Volunteer your time to someone in need or an organization 	<u>Clear Your Mind</u> Take a brief meditation break. Sit quietly, close your eyes & focus on your breathing	<u>Take Care of You</u> Give yourself a self-care day. Compliment yourself and believe it!	<u>Escape</u> Plan a getaway – Whether it is just for a day, weekend or even an hour.	<u>Small Fix</u> Fix a small annoyance that's been bothering you at home
<u>Social Detox</u> Stay away from social media for 24 hours	<u>Pay it Forward</u> Perform an act of kindness today	<u>Have a Laugh</u> Read a few pages of a funny book, watch a clip of your favorite comedian, or call a friend who makes you laugh.	<u>You Deserve a Break</u> Make your lunch break an actual break 	<u>Positivity</u> Write a letter and send it to someone who has positively impacted you
<u>Pamper Yourself</u> Indulge in a pampering activity such as a hot bath/shower or massage	<u>Move Your Body & Enjoy Nature</u> Take a walk, ride a bike or run outside and enjoy your surroundings	 Thiel Tomcat Employee	<u>Sweet Dreams</u> Get 7-8 hours of sleep tonight	<u>Self Care Sunday</u> Put yourself first – physically, mentally, and emotionally.
<u>Declutter</u> Spend 20 minutes to declutter your desk, closet, living room, or space of your choice	<u>Reflection</u> Write in a journal and reflect 	<u>Start Each Day With a Grateful Heart</u> At night, write down something that made you say, "Yay" during the day	<u>Forgive Yourself</u> Quiet the negative messages of your inner critic and pair it with a self-compassionate & rational response.	<u>Balance</u> Life is a balance, so treat yourself!
<u>Icy Blast</u> After you've scrubbed with warm water, switch to cold for 30 sec. Icy temps help release endorphins	<u>Playtime</u> Take time to play – ride a bike, color, and/or do a favorite childhood activity.	<u>Keep it Healthy</u> Eat healthy options for an entire day. Include lots of vegetables, fruit, whole grains, & protein	<u>Enrichment</u> Read a book, article, or listen to a podcast on a new topic 	<u>Re-connect</u> Reach out to a family member or friend that you miss

RULES:

- Cross off squares as you complete them
- For every line that is completed (across, down, or diagonally), your name will be entered in for the grand prize drawing. For example: If you complete four rows or columns, your name will be entered in four times.
- Game begins on April 1, 2021 and ends on April 30, 2021.
- Send completed THIEL BINGO card to: (jkytchak@thiel.edu). Can send a picture or scan and email.
- Good Luck and if completed, you are on your way to learning the value of *Self-Care!*



Name: _____

Dept.: _____