**Health and Wellness Bingo  
*Week 1: Dining Out & Healthy Cooking***

**Week 1: \_\_\_\_\_\_[Mon-Sun Dates]\_\_\_\_\_ Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| B | I | N | G | O |
| Take the stairs instead of the elevator every day. | Choose grilled instead of fried. | Drink 8 glasses of water per day. | Eat a piece of fruit for a snack. | Have water, diet soda, or tea instead of alcohol or regular soda. |
| Pack your lunches this week instead of eating out. | Limit fast food to only one day a week. | Read the nutrition labels on at least three items before deciding to eat or drink them. | Choose wheat pasta instead of white. | Eat breakfast every day this week. |
| Choose “red” sauce such as tomato or salsa instead of creamy or alfredo. | Replace salt with another seasoning or spice. | Tobacco Free  OR  Attempting to Quit Using Tobacco Products. | Get up and stretch. | Substitute mashed avocado or applesauce for butter when baking. |
| Do 10 extra minutes of exercise. | Try a new fruit. | Avoid vending machines all week. | Cut a big portion size in half. | Order sauce or dressing on the side and only use half. |
| Have a salad instead of an unhealthy side (e.g., fries) with your meal. | Put extra vegetables into a dish or casserole. | Take a 20 minute walk break. | Try a new vegetable. | Cook with olive oil instead of butter. |

Throughout the week, cross off your healthy choices to earn as many bingos as you can, or even blackout! Keep in mind that you can cross off multiple bingo squares daily. Any horizontal, vertical, or diagonal line across the card counts as a bingo. A blackout is when you complete every health challenge, crossing off all 25 squares on the card. If you are already practicing the health challenge listed in a square or it is not applicable to you, please cross it off.

Total # of Bingos: \_\_\_\_\_\_ Blackout □  
  
Return your completed Bingo card to [Name] by [Date].

**Week 1: Dining Out & Healthy Cooking**

**There is a lot to consider when dining out or cooking at home. Here are a few tips to help you make the right choices every day!**

* Choose entrees with fruits and vegetables as key ingredients.
* Consider sharing entrees.
* A few words to avoid or limit: Jumbo, deluxe, cheese sauce, creamy, battered, Au gratin, alfredo, escalloped, tempura
* Words to choose: Lightly sautéed, marinara, Pico de Gallo, salsa, tomato sauce, broiled, fresh

Important definitions to look for:

* Fat Free: Less than .5 grams of fat per serving
* Low Fat: 3 grams of fat per serving or less
* Reduced Fat: Fat is reduced by at least 25% when compared with original product
* Lite/Light: 1/3 fewer calories or 50% less fat when compared to the original product
* Cholesterol Free: Less than 2 milligrams of cholesterol and 2 grams (or less) of saturated fat
* Sodium Free: Less than 5 milligrams of sodium per serving

**Bingo Prize Qualifications**

**Weekly Prizes:** Earn at least 2 bingos to be entered for the weekly prize.

**Grand Prize:** For every blackout earned, your name will be entered in to win the grand prize drawing (8 weeks = up to 8 total entries).

**Health and Wellness Bingo  
*Week 2: Hydration***

**Week 2: \_\_\_\_\_\_[Mon-Sun Dates]\_\_\_\_\_ Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- |
| B | I | N | G | O |
| Take the stairs instead of the elevator every day. | Get at least seven hours of sleep a night. | Drink 64 oz. of water per day. | Eat a piece of fruit or vegetable for a snack. | Use a reusable water bottle/cup. |
| Drink a glass of water before reaching for a snack. | Cut back on caffeinated drinks. | Try squeezing a lemon into your water instead of drinking a sweetened beverage. | Keep water at your workspace so you drink more throughout the day. | Choose grilled instead of fried. |
| Have a salad instead of an unhealthy side (e.g., fries) with your meal. | Replace salt with another seasoning or spice. | Tobacco Free  OR  Attempting to Quit Using Tobacco Products. | Eat breakfast every day this week. | Eat an extra serving of vegetables. |
| Do 10 extra minutes of exercise. | Drink 100% juice instead of fruit flavored drinks. | Avoid vending machines all week. | Drink an extra glass of water with a meal. | Take a 20 minute walking break. |
| Choose whole wheat instead of white grain (pasta, bread) | Get up and stretch. | Drink water before and after exercise. | Drink water instead of soda. | Cook with olive oil instead of butter. |

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Total # of Bingos: \_\_\_\_\_\_ Blackout □  
  
Return your completed Bingo card to [Name] by [Date].

**Week 2: Staying Hydrated**

Staying hydrated is one of the easiest things you can do to feel well. Just like a plant perks up when watered, you will feel more awake and energized when you are well hydrated.

**Approximately 60% of our bodies are made up of water.** This water helps cool your body when the outside temperature is hot or you are exerting energy. It acts as a cushion for your joints, protects your spine and helps get rid of wastes through urination, bowel movements, and perspiration.

**Most people are hydrated through the water and beverages they drink.** However, you can also get some fluids in the foods you eat, such as, oranges, melons, soups, and tomatoes. Be sure to limit the amount of sweetened beverages you drink as they contain extra calories. Common drinks that have extra calories and added sugars include:

* Fruit juice
* Regular soda
* Some sports drinks

Choose these only occasionally—or, even better, choose lower calorie options or water!

**You may need to increase your water intake** when it’s hot outside, you’re being more physically active, you have a fever, are vomiting or have diarrhea.

**Bingo Prize Qualifications**

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**Grand Prize:** For every blackout earned, you will be entered in to win the grand prize drawing (8 weeks = up to 8 total entries).

**Health and Wellness Bingo  
*Week 3: Personal Care***

**Week 3: \_\_\_\_\_\_[Mon-Sun Dates]\_\_\_\_\_ Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- |
| B | I | N | G | O |
| Check moles for changes in shape, color and diameter. | Get at least seven hours of sleep a night. | Floss your teeth daily. | Eat a piece of fruit or vegetable for a snack. | Wear protective clothing when out in the sun for long periods of time. |
| Wear UV protection sunglasses. | Cut back on caffeinated drinks. | Wash your hands before you eating meals and snacks. | Take one hour to do something for yourself. | Make sure your immunizations are up to date – if not, make an appt. to see your doctor. |
| Participate in a fun, healthy activity with friends or family. | Eat only one serving of red meat this week. | Tobacco Free  OR  Attempting to Quit Using Tobacco Products. | Drink diet soda or water instead of regular soda. | Wear your seatbelt every day. |
| Do 15 extra minutes of exercise. | Eat breakfast every day this week. | Sanitize your phone and keyboard at home or at work. | Take the stairs instead of the elevator if you are able. | Clean and organize your work area. |
| Park in the furthest parking row possible. | Get up and stretch throughout the work day. | Use sunscreen. | Give someone a compliment. | Take time to read a good book or magazine. |

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Total # of Bingos: \_\_\_\_\_\_ Blackout □  
  
Return your completed Bingo card to [Name] by [Date].

**Week 3: Personal Care**

**Did you know?**

* Our morning hygienic routine of shaving, showering, hair-styling, applying fragrance, antiperspirant, make-up, etc. exposes our skin to over 100 chemicals.
* Dentists have recommended that a toothbrush be kept at least six feet away from a toilet to avoid airborne particles resulting from the flush.
* The average speed of a person’s sneeze is 100mph.
* A study indicates that smokers are likely to die on average six and a half years earlier than non-smokers. A person who smokes a pack of cigarettes a day will on average lose two teeth every ten years.
* The human body is home to 1,000 species of bacteria.
* Food labels that read "artificial coloring" and "color added" means that most likely you'll be eating crushed bugs and beetles along with other ingredients.
* The word “hygiene” comes from Hygieia, the Greek goddess of health, cleanliness, and the moon.
* There is no “five-second rule” when it comes to dropping food on the ground. Bacteria need no time at all to contaminate food.
* Tooth brushing didn’t become routine in the United States until it was enforced on soldiers during WWII.

**Bingo Prize Qualifications**

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**Health and Wellness Bingo  
*Week 4: Body Mechanics***

**Week 4: \_\_\_\_\_\_[Mon-Sun Dates]\_\_\_\_\_ Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| B | I | N | G | O |
| Take the stairs instead of the elevator. | Get at least seven hours of sleep a night. | Make sure your legs are at a 90 degree angle when sitting. | Limit yourself to only one dessert or sweet treat this week. | Lift with your legs and not your back. |
| Do a different exercise this week (i.e., ride a bike, swim, or yoga). | Eat only one serving of red meat this week. | Take a 20 minute walk break. | Do shoulder rolls when feeling stressed. | Eat breakfast every day this week. |
| Work on your posture throughout the day. | Sit with both feet flat on the floor. | Tobacco Free  OR  Attempting to Quit Using Tobacco Products. | Drink 64 oz. of water per day. | Do stretches at your work station. |
| Do 15 extra minutes of exercise. | Carry your purse or bag across your body or alternate the shoulder you carry it on. | Avoid vending machines all week. | Give yourself a neck massage. | Wear supportive and flat shoes. |
| Raise your computer monitor so you are looking forward and not down. | Eat an extra serving of fruit or vegetables. | Do not fall asleep laying on your stomach this week. | Use a step stool when reaching for high objects. | Choose whole wheat instead of white grains (pasta, bread). |

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Return your completed Bingo card to [Name] by [Date].

**Week 4: Body Mechanics**

**Using good body mechanics (moving and positioning your body to prevent injury) can protect your back as you move throughout the day!**

Always remember to:

* Sit with your feet flat on the floor, keeping your knees level with your hips.
* Stand with your knees bent slightly to take stress off of your lower back.
* Wear shoes that support your feet.
* Avoid heels that push your spine out of alignment.
* When lying on your side, bend your knees and place a pillow between them.
* Avoid lying on your stomach.
* Store common items between hip and shoulder level if possible.
* Always ask for help when lifting heavy objects.
* Move closer to the object you need and use a step stool or ladder if the object is overhead, instead of reaching.
* Don’t slump over a desk or keyboard – sit closely to prevent slumping.

**Bingo Prize Qualifications**

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**Grand Prize:** For every blackout earned, you will be entered in to win the grand prize drawing (8 weeks = up to 8 total entries).

**Health and Wellness Bingo  
*Week 5: Safety***

**Week 5: \_\_\_\_\_\_[Mon-Sun Dates]\_\_\_\_\_ Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| B | I | N | G | O |
| Take the stairs instead of the elevator. | Wear your seatbelt every day. | Drink 64oz. of water per day. | Wear a helmet when riding a bicycle or motorized bike. | Wear sunscreen. |
| Bring all expired medications to your pharmacist. | Know where the First Aid kit is located at your job site. | Only burn candles if someone is in that room. | Cut back on caffeinated drinks. | Check your carbon monoxide detector in your home to make sure it is working properly. |
| Have a First Aid kit in a designated location at home. | Get at least seven hours of sleep a night. | Tobacco Free  OR  Attempting to Quit Using Tobacco Products. | Remove clutter from your floor and stairs. | No texting or talking on your phone while driving all week. |
| Do 15 extra minutes of exercise. | Do not drink and drive or ride with someone who has been drinking. | Check all fire alarms in your house to make sure they are working properly. | Eat an extra serving of fruit or vegetables. | Lift with your legs and not your back. |
| Practice the tornado and fire drill at home or at work. | Take a 20 minute walk break. | Eat breakfast every day this week. | Have a First Aid kit in your vehicle. | Unplug all electrical devices when not in use. |

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Return your completed Bingo card to [Name] by [Date].

**Week 5: Safety**

**Is your home safe for your family and friends? Follow these safety tips to help protect the people you love.**

* **Prevent falls:** Install grab bars in the tub and shower and use non-slip mats. Have bright lights over stairs and steps and on landings. Keep stairs clear of clutter.
* **Prevent poisonings:** Keep cleaners, medications and beauty products in a place where children can’t reach them and use child safety locks. For Poison Help, call Poison Control at 1-800-222-1222. Call if you need help or want information about poisons. Call 9-1-1 if someone needs to go to the hospital right away.
* **Prevent fires and burns:** Have working smoke alarms and hold fire drills. Stay by the stove when cooking, especially when you are frying food. Keep your hot water at 120˚F degrees to prevent burns. Use back burners and turn pot handles toward the back of your stove. Use a travel mug when you drink something hot to prevent spilling.

**Bingo Prize Qualifications**

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**Health and Wellness Bingo  
*Week 6: Alcohol & Tobacco***

**Week 6: \_\_\_\_\_\_[Mon-Sun Dates]\_\_\_\_\_ Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- |
| B | I | N | G | O |
| Wear your seatbelt every day. | Talk to a friend or family member about reducing their drinking habits. | Write down five reasons why you want to be healthy and post it somewhere you look every day. | Visit www.deancare.com/quitforlife  to learn about the great tobacco cessation program DHP offers!\* | Consume the recommended amount of alcohol  (one drink for females, two drinks for males) or less each day. |
| Participate in a fun, healthy activity with friends or family that doesn’t involve alcohol. | Add up the cost of alcohol you consume in a week to determine how much you could save or are saving. | Go for a walk and enjoy the fresh air with your healthy lungs. | Enter a healthy choice you’ve made this week.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Eat breakfast every day this week. |
| Think of one way you would like to be healthier and tell someone you trust. | Take the stairs instead of the elevator. | Tobacco Free  OR  Attempting to Quit Using Tobacco Products. | Get at least seven hours of sleep a night. | Do a special deed for a co-worker, friend or family member. |
| Do 20 extra minutes of exercise. | Enter a healthy choice you’ve made this week.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Do a hobby that you enjoy but don’t always have time for (scrapbooking, fishing, gardening). | Handle a stressful event without your usual vice. | Lift with your legs and not your back. |
| Reward yourself with something other than your usual vice. | Talk to a friend or family member about being tobacco free. | Take time to read a good book or magazine. | Add up the cost of using tobacco for one day to see how much you could save or are saving. | Enter a healthy choice you’ve made this week.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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Return your completed Bingo card to [Name] by [Date].

**Week 6: Alcohol and Tobacco**

What is The Quit For Life® Program? The Quit For Life® Program is completely free to Dean Health Plan members 18 years and older. Using a mix of medication and phone-based coaching, it can help you down the path to quit smoking and overcome physical, psychological and behavioral addictions to tobacco.

The Quit For Life® Program uses four essential practices to quit:

1. **Quit At Your Own Pace:** Quit on your own terms, but get the help you need, when you need it.
2. **Conquer Your Urges to Smoke:** Gain the skills you need to control cravings and urges.
3. **Use Medications So They Really Work:** Learn how to supercharge your quit attempt with the proper use of nicotine substitutes or medications.
4. **Don't Just Quit, Become a Nonsmoker:** Once you've stopped using tobacco, learn to never again have that "first" cigarette.

\*Even if you are not a Dean Health Plan member, you can still get help. Call 1-800-Quit-Now for free counseling and nicotine replacement products today!

**Bingo Prize Qualifications**

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**Health and Wellness Bingo  
*Week 7: Physical Activity***

**Week 7: \_\_\_\_\_\_[Mon-Sun Dates]\_\_\_\_\_ Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| B | I | N | G | O |
| Keep an exercise journal all week (log frequency, intensity, time, & type of exercise). | Go to a park and play. | Try a new walking route or explore a path or trail in your neighborhood. | Pace your house when talking on the phone this week. | Stretch at your workstation once this week. |
| Go for a walk after dinner. | Ask someone to go for a walk, run or bike ride. | Play a game or do an activity outside. | Plan ahead and schedule time to exercise on five days this week. | Take the stairs instead of the elevator. |
| Park in the furthest parking row. | Set a new fitness goal for yourself. | Tobacco Free  OR  Attempting to Quit Using Tobacco Products. | Go for a walk with an elderly friend or family member. | Enter a healthy choice you’ve made this week.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Drink 64 oz. of water every day. | Walk up a hill at least three times this week. | Enter a healthy choice you’ve made this week.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Avoid taking shortcuts when walking - add steps into your day by choosing a longer route. | Do a different exercise this week (ride a bike, swim, yoga). |
| Enter a healthy choice you’ve made this week.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Do jumping jacks, sit-ups, push-ups or stretches during TV commercial breaks. | Stretch before and after exercise. | While exercising, measure your heart rate by feeling your pulse on your wrist or neck. | Take a 20 minute walk break. |

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Return your completed Bingo card to [Name] by [Date].

**Week 7: Physical Activity**

**Measuring your Intensity**

There are a variety of ways to measure your physical activity intensity:

1. **Take your heart rate**. When you exercise, you should keep your heart rate within a safe range based on your age. This is called your **target heart rate** zone. Your heart rate is measured by taking your pulse. Take your pulse regularly as you exercise to be sure you’re within your target heart rate zone. When you exercise at the right heart rate, you burn calories and strengthen your heart safely. When starting an exercise program, aim at the lowest part of your target zone (50%) during the first few weeks. Gradually build up to the higher part of your target zone (75%). After six months or more of regular exercise, you may be able to exercise comfortably at up to 85% of your maximum heart rate.
   1. To take your heart rate, use the tips of your **pointer and middle finger** (not your thumb) to press lightly over the blood vessels on your wrist or neck. Count your pulse for 10 seconds and multiply by 6 to find your beats per minute. Example: 10-second count: 24 beats x 6 = 144 beats/min, so a 33-year-old would be in their target heart rate range, but a 55-year-old may be working too vigorously.

|  |  |  |  |
| --- | --- | --- | --- |
| Age | Target Heart Rate Zone  (50-85%) | Age | Target Heart Rate Zone  (50-85%) |
| 20 | 100-170 | 50 | 85-145 |
| 25 | 98-166 | 55 | 83-140 |
| 30 | 95-162 | 60 | 80-136 |
| 35 | 93-157 | 65 | 78-132 |
| 40 | 90-153 | 70 | 75-128 |
| 45 | 88-149 |

1. **Try the Talk Test.** In general, if you're doing moderate-intensity activity you can talk, but not sing, during the activity. If you're doing vigorous-intensity activity, you will not be able to say more than a few words without pausing for a breath. This is a great way to measure intensity when walking with a friend, exercising with someone, or even yardwork!



1. **Rate yourself on the Rating of Perceived Exertion scale.** The RPE scale is used to measure intensity on a 0-10 scale, 0 being complete rest and 10 being max exertion. Consider increased heart rate, breathlessness, sweating, overall fatigue, and muscle fatigue before selecting what number you are at. To exercise at a moderate intensity, stay somewhere between a rating of 4-6, and for vigorous, a rating between 7-8.

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**Health and Wellness Bingo  
*Week 8: Stress Management***

**Week 8: \_\_\_\_\_\_[Mon-Sun Dates]\_\_\_\_\_ Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- |
| B | I | N | G | O |
| Trying to fit too much into a day causes stress—PRIORITIZE your “To-Do” list. | Enter a healthy choice you’ve made this week.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Eat breakfast every day this week. | Set a new, ATTAINABLE goal for yourself every day. | Treat yourself to something—a movie, bubble bath, sporting event, or massage. |
| Take a 20 minute walk break. | Pack your lunch the night before. | Take time to pray, meditate, or appreciate the good in your life. | Organize your workstation. | When feeling stressed at work take a break—stretch, breathe deeply, or walk away for a minute. |
| Thank a co-worker for their work or help with a project. | Do not have more than one (female) or two (male) alcoholic drink(s) per day. | Tobacco Free  OR  Attempting to Quit Using Tobacco Products. | Close your eyes and imagine your favorite place for at least three minutes. | Enter a healthy choice you’ve made this week.  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| Practice saying “No” if you don’t have time to do something. | Check out Dean’s online stress management resource at deancare.com/stress. | Turn off the TV and computer at least 30 minutes before bed. | Create a family budget or contact a financial advisor. | Make a “To-Do” list and cross off things as you accomplish them. |
| Do an extra 10 minutes of physical activity (especially at a time when you’re stressed!). | Take time to read a book or a magazine. | Try yoga, meditation or stretching. | Listen to soothing music. | Call or email a friend or family member you have been meaning to contact. |

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Total # of Bingos: \_\_\_\_\_\_ Blackout □  
  
Return your completed Bingo card to [Name] by [Date].

**Week 8: Stress Management**

**Do you feel as if you’re living with constant stress? If so, you may have decided to make some changes in your life. Keep in mind that learning to manage stress doesn’t happen overnight. It’s a process that takes time and effort.**

To manage stress, keep these three simple ideas in mind:

* **Identify stressors.** Sources of stress are unique for each person. Knowing your stressors helps you focus on areas you want to change.
* **Have realistic expectations.** Life is full of unexpected events. Being more realistic can help you deal with stress you can’t avoid.
* **Change your response to stress.** What are you telling yourself about the meaning of the situation? Are you responding out of habit? Even if you can’t change a stressful situation, you can control how you deal with it.

Make a list of all the day to day pressures, little hassles and major life changes. Try to distinguish between healthy and unhealthy stressors and make efforts to enjoy the good healthy stress and eliminate the unhealthy. Every day is a new day! Make today great!

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