

Holiday Bingo

WITH THE EMPLOYEE WELLNESS TEAM

Wellness is more than health. It is living fully and thriving in all areas of our lives. Wellness encompasses 8 mutually interdependent dimensions: physical, intellectual, psychological, social, spiritual, occupational, financial, and environmental. Attention must be given to all the dimensions, as neglect of any one over time will adversely affect the others, and ultimately one's health, well-being, and quality of life.

Each dimension has three activity options. The Bingo game can be played as a horizontal, lateral, diagonal line or as an entire blackout of the board. This can be played solo or shared with friends and family to join in the fun.



Physical Wellness

Caring for your body to stay healthy now and in the future.

- Try 1 or 2 stretch & strengthen classes with Alli, one of the Wellness Team's Personal Trainers: [Class 1](#) or [Class 2](#)
- Maintain physical distance while actively moving your bodies in your communities to photograph [daily scavenger hunt](#) images for 14 days
- Watch this Ted Talk, '[Could The Sun Be Good For Your Heart?](#)' by Richard Weller and enjoy any outdoor activity for 30 minutes



Social Wellness

Maintaining healthy relationships, enjoying being with others, developing friendships and intimate relations, caring about others, and letting others care about you. Contributing to your community.

- Write and mail a physical letter to someone
- Bake some [Healthy\(er\) cookies](#) and deliver them (contact free) to a neighbor or friend
- Contribute to your community. This could be participating in a food or clothing drive, volunteering for a non-profit organization, or donating money to a local, worthy cause

Spiritual Wellness

Finding purpose, value, and meaning in your life with or without organized religion. Participating in activities that are consistent with your beliefs and values.



- Watch '[The Art of Being Yourself](#)' Ted Talk by Caroline McHugh
- Practice gentle yoga with Wellness Team Yogi Kadee. This [video](#) focuses on alignment, diaphragmatic breathing, and mindfulness
- Ponder and answer the activity questions on finding your purpose from Oprah in '[How to Uncover the Talents That Only You Can Offer The World](#)'

Environmental Wellness



Understanding how your social, natural, and built environments affect your health and well-being. Being aware of the unstable state of the earth and the effects of your daily habits on the physical environment. Demonstrating commitment to a healthy planet.

- View Wellness Team member (and recycling extraordinaire) Elliot's [Holiday Recycling Tips](#). Find ways that you can promote and implement more recycling around your house
- Watch Health Educator Kevin's Lecture Series on [Pollution](#), and think of 3 things you can do to make the planet a healthier place to live
- Read Health Educator Christina's [Decluttering for Health](#), then declutter 1 room in your home

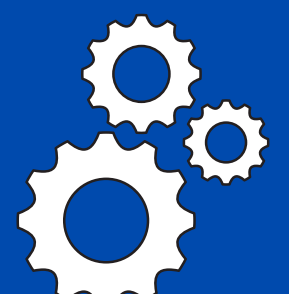
Financial Wellness



Managing your resources to live within your means, making informed financial decisions and investments, setting realistic goals, and preparing for short-term and long-term needs or emergencies. Being aware that everyone's financial values, needs, and circumstances are unique.

- Create an estate plan: Make sure you have beneficiaries listed on all your accounts and write a Will or Trust. The [Employee Assistance Program](#) has online legal forms and legal assistance resources
- Read through Alli's [Holiday Budgeting 911](#) and set your own holiday budget
- Learn from Elliot's [Cybersecurity infographic](#) and request a copy of your Credit Report to scrutinize and check that everything is A-Okay

Occupational Wellness



Preparing for and participating in work that provides personal satisfaction and life enrichment that is consistent with your values, goals, and lifestyle. Contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding.

- Learn something new while playing [Quizzify](#). This is a level 1 activity through the Employee Wellness benefit and qualifies for an incentive
- Listen to Neuroscientist Matt Walker in '[Why Sleep Matters Now More Than Ever](#)' and challenge yourself to get at least 7 hours of sleep tonight
- Give your home office space a makeover by practicing proper Ergonomics. Here is a helpful [guide](#) from the Mayo Clinic to assist in doing this

Psychological Wellness



Understanding and respecting your feelings, values, and attitudes. Appreciating the feelings of others. Managing your emotions in a constructive way. Feeling positive and enthusiastic about your life.

- Participate in a recorded [gratitude class](#) with Alli and practice the 10 finger gratitude activity
- Prepare, mindfully consume, and evaluate 10 recipes from the [SLCC's recipe book](#) and complete the Recipe [Rating Tool](#). This is a level 3 activity through the Employee Wellness benefit and qualifies for an [incentive](#).
- Visit the [Man Therapy](#) website. Browse the content, watch the videos, take the quizzes, and laugh while nurturing your mental health.

Intellectual Wellness



Growing intellectually, maintaining curiosity about all there is to learn, valuing lifelong learning, and responding positively to intellectual challenges. Expanding knowledge and skills while discovering the potential for sharing your gifts with others.

- Read a book pertaining to your health and wellness. This is a level 1 activity through the Employee Wellness benefit and qualifies for an [incentive](#)
- Learn a new hobby or skill. Have you ever wanted to try knitting or painting? Wanted to learn to carve wood or Swing Dance? Maybe you want to change your own oil or fix the garbage disposal. Look up a video or find instructions and try something new
- Challenge yourself to research a different culture, country, or holiday tradition other than your own. Write down notes about the things you find inspiring

B I N G O

