

Self-Care Bingo | Aug. 1-31

Complete the classic five in a row (up, down, diagonal) or a full blackout to be entered in the prize drawing!



Complete a coaching session	Start a wellness lesson	Complete a webinar in Wellness Connect	Submit a testimonial via comment on the intranet self-care page	Submit a selfie doing something healthy
Stretch at the desk / computer	Give kudos to a co-worker	Meditate on your break	On your library/ department gratitude/ kudos board, add something positive	Complete an activity on the "Get Creative" section on the intranet self-care page
Watch the EduMinute "Bingo: Self-Care" in EduBrite	Take a five minute walk	Tell a joke	Add the tag "ssc2021" to an item in the Library Catalog that ties to self-care	Drink only water for a day
Learn something new	Try something new for lunch	Turn off your phone	Get some fresh air	Wear something that makes you happy
Practice emotional intelligence at work	Spend 10 minutes in the sun	Write down five things you like about yourself	Listen to a song that makes you happy	Practice a breathing exercise



- Submissions must be uploaded by close of business Sept. 4 at forms.office.com/r/58rSEfxmNN
- Bingo can be done on staff time but needs supervisor approval to participate.
- Submit a selfie link: forms.office.com/r/YqtdM1rq0X (a collage of all entries will be created with the submissions and shared with all staff).
- Learn more by visiting my.metrolibrary.info/drupal/self-care