

# Self-Care Bingo

**Self-Care Bingo encourages all library staff to find little ways to practice self-care at work.**

The past 16+ months have been a trying time with the COVID-19 pandemic in both our personal and work lives. We've had so many changes in how we serve customers and we often take on the stress from our customers. It can be challenging to find ways to cope with the burden, which is why Circulation Forum has created a fun, system-wide activity to encourage self-care!

## **Staff have two options to participate:**

1. Complete the classic five-in-a-row bingo (up, down, diagonal)
2. Complete a full blackout

## **Rules:**

- Self Care Bingo runs Aug. 1-31
- Upload single bingo and/or blackout by Sept. 4 end of business day to [forms.office.com/r/58rSEfxmNN](https://forms.office.com/r/58rSEfxmNN)
- Bingo can be done on staff time but needs supervisor approval to participate.

Once bingo cards are received and confirmed, they will be entered into a drawing for completing five in a row OR completing a blackout. Staff will only be entered into one of the drawings (if you completed more than five in a row, but not a full blackout, you will not be entered in multiple times for completing five in a row).

## **Compete for four levels of prizes:**

1. Single Bingo Grand Winner
2. Single Bingo Runner-Up
3. Blackout Grand Winner
4. Blackout Runner-Up

Winners will be announced via the intranet! Learn more by visiting [my.metrolibrary.info/drupal/self-care](https://my.metrolibrary.info/drupal/self-care)

