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<u><b>Donate Your Time</b></u>  Volunteer your time to someone in need or an organization  	<u><b>Clear Your Mind</b></u>  Take a brief meditation break. Sit quietly, close your eyes & focus on your breathing	<u><b>Take Care of You</b></u>  Give yourself a self-care day. Compliment yourself and believe it!	<u><b>Escape</b></u>  Plan a getaway – Whether it is just for a day, weekend or even an hour.	<u><b>Small Fix</b></u>  Fix a small annoyance that's been bothering you at home
<u><b>Social Detox</b></u>  Stay away from social media for 24 hours	<u><b>Pay it Forward</b></u>  Perform an act of kindness today	<u><b>Have a Laugh</b></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><b>You Deserve a Break</b></u>  Make your lunch break an actual break  	<u><b>Positivity</b></u>  Write a letter and send it to someone who has positively impacted you
<u><b>Pamper Yourself</b></u>  Indulge in a pampering activity such as a hot bath/shower or massage	<u><b>Move Your Body &amp; Enjoy Nature</b></u>  Take a walk, ride a bike or run outside and enjoy your surroundings	 <b>Thiel Tomcat Employee</b>	<u><b>Sweet Dreams</b></u>  Get 7-8 hours of sleep tonight	<u><b>Self Care Sunday</b></u>  Put yourself first – physically, mentally, and emotionally.
<u><b>Declutter</b></u>  Spend 20 minutes to declutter your desk, closet, living room, or space of your choice	<u><b>Reflection</b></u>  Write in a journal and reflect  	<u><b>Start Each Day With a Grateful Heart</b></u>  At night, write down something that made you say, "Yay" during the day	<u><b>Forgive Yourself</b></u>  Quiet the negative messages of your inner critic and pair it with a self-compassionate & rational response.	<u><b>Balance</b></u>  Life is a balance, so treat yourself!
<u><b>Icy Blast</b></u>  After you've scrubbed with warm water, switch to cold for 30 sec. Icy temps help release endorphins	<u><b>Playtime</b></u>  Take time to play – ride a bike, color, and/or do a favorite childhood activity.	<u><b>Keep it Healthy</b></u>  Eat healthy options for an entire day. Include lots of vegetables, fruit, whole grains, & protein	<u><b>Enrichment</b></u>  Read a book, article, or listen to a podcast on a new topic  	<u><b>Re-connect</b></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 November 1, 2021 and ends on November 30, 2021.
- Send completed THIEL BINGO card to: ([jkychak@thiel.edu](mailto:jkychak@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.: \_\_\_\_\_