

# CREB® WELLNESS BINGO

Check the boxes next to the completed challenge. Relax, enjoy, and have some fun!

PHYSICAL WELLNESS	INTELLECTUAL WELLNESS	SPIRITUAL & EMOTIONAL WELLNESS	WHOLE BODY WELLNESS	GENERAL WELLNESS
<input type="checkbox"/> Take a 30-minute walk 3x a week for 3 weeks	<input type="checkbox"/> Find a new hobby	<input type="checkbox"/> Listen to: <a href="#">15 best comedy podcasts to listen to if you need a good laugh</a>	<input type="checkbox"/> Log into <a href="#">Homewood Solution</a> and read: <a href="#">Time and Attention for You</a>	<input type="checkbox"/> Volunteer within your community
<input type="checkbox"/> Do 3 stretching exercises 3x a week for 4 weeks	<input type="checkbox"/> Log into <a href="#">Homewood Solution</a> and watch: <a href="#">Taking Charge of Stress</a>	<input type="checkbox"/> Do something special for yourself	<input type="checkbox"/> Cook a new recipe once a week for four weeks	<input type="checkbox"/> Reach out to someone you have not spoken to in a while
<input type="checkbox"/> Get at least 7 hours of sleep 3x a week for 3 weeks	<input type="checkbox"/> Read a book, do a crossword or sudoku puzzle	<input type="checkbox"/> Listen to: • <a href="#">20 inspiring TED Talks</a> OR • <a href="#">10 Inspirational TED Talks</a>	<input type="checkbox"/> Stay hydrated — drink 32 oz of water during your workday	<input type="checkbox"/> Take the time to have a 30-minute nap if needed!
<input type="checkbox"/> Log into <a href="#">Homewood Solution</a> and read: <a href="#">Linking Exercise and Nutrition to a Healthy Mind</a>	<input type="checkbox"/> Listen to 3 TED Talks or new Podcasts	<input type="checkbox"/> Practice yoga: • <a href="#">10 minute Morning Yoga for Beginners</a> • <a href="#">Yoga For Beginners Mind   Yoga With Adriene</a>	<input type="checkbox"/> Take 5 minutes each day to just breathe	<input type="checkbox"/> Give up social media for a day

## BONUS CHALLENGES

<input type="checkbox"/> Plan a virtual dinner with a family member or friend	<input type="checkbox"/> Watch <a href="#">Shawn Achor Ted - The Happiness Advantage: Linking Positive Brains to Performance</a>	<input type="checkbox"/> Log into <a href="#">Homewood Solution</a> and complete: <a href="#">Taking Control of Your Mood</a>	<input type="checkbox"/> Journal 3x a week for 4 weeks	<input type="checkbox"/> Learn how to play a musical instrument
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