




1. Feeling restless? Let's play Bingo and re-focus on our well-being journey.
2. How many squares can you "find" by the end of March? All, or maybe it's just a few. Of the 24 squares, some may be easy and others a bit more of an uphill climb.
3. Everyone is a winner with Self-Care Bingo!
4. We invite you to share your thoughts on how you are doing with this activity during our scheduled March *Pit Stops*.

Read a Book	Hydrate with plenty of water	Organize Your Closet or your Desk	Build a quiet break into your day	Declutter your bedroom so it feels peaceful and Zen like
Turn off all Devices at least 30 min. before bed	Take a Walk	Call a Friend And Chat	Write in a Journal	Sit/Lay In the grass and look at the Stars
Enjoy Your Favorite Meal	Get a manicure and/or pedicure		Soak In a Bubble Bath	Make a List of Personal Goals
Pray Or Meditate	Take a Nap	Do One Thing You've Been Putting Off	Create a Motivational Playlist	Give Yourself a Positive Pep Talk
Pay Something Forward	Sleep In	Take a Walk	Go to Bed Early	Try a Yoga Class