

COVID Bingo

4 Week Wellness Challenge
 @WELLWarriorsGHG

GOT?
HEALTH & HAPPINESS!



Workbook:
Resiliency Skills Training
by Jessica Gifford.

<i>Health: Improve your Sleep</i> from Week 1 in workbook	Like & Follow Got Health & Happiness on Facebook	Comment on a Wellness Wednesday video	Like & Follow @WSUHealth on social media	Wash all of your masks
Separate & label all your own personal towels	Attend a social gathering of more than 10 people	<i>Health: Breathe</i> from Week 4 in workbook	Go home for a weekend	<i>Emotional Skills: What Went Well & Why?</i> from Week 2 in workbook
Attend a virtual event	<i>Emotional Skills: Give Yourself a Break</i> from Week 3 in workbook	Get your Flu Shot	<i>Self-Talk for Stressful Situations</i> from Week 3 in workbook	Assemble a COVID care kit
Meditate for 30 minutes everyday for a week	Go to campus without passing the Daily Self Assessment	<i>Emotional Skills: Watch your Mental Health Diet</i> from Week 4 in workbook	Eat indoors at a restaurant or bar	<i>Health Exercise</i> from Week 2 in workbook
<i>Set a Mini Goal</i> from Week 1 in workbook	Study at home or with a friend virtually	Wave "Hello" to a friend	Hang out with a friend outdoors with a mask or virtually	Order food for pick-up or contactless delivery