




# Wellbeing BINGO

Brought to you by Bobcats FIRST and Staff Council

Spend 15 minutes in the Serenity Den	Make a "Happy" playlist	Have a screen-free lunch	Do a new form of movement for 20 minutes	Attend the <u>ElevateU</u> conference on May 20
Take 3 walks around the perimeter of campus	Unsubscribe from 5 marketing emails	Drink 64 oz of water 3 days in a row	Listen to an inspiring podcast	Start a gratitude journal
Eat vegetarian for a day	Celebrate a colleague's birthday		Take the stairs instead of the elevator 3 times	Visit Lockerly Arboretum
Explore one of the <u>USG Financial Resources</u>	Explore a campus building you've never visited	Volunteer in your community	Get a colleague to do Wellbeing BINGO	Do an artistic hobby
Take 1 hour to tidy your inbox	Do a YouTube dance fitness video	Have a professional development experience	Park farther away at work for 3 days	Visit Bobcat Marketplace during orientation

Complete 5 items in a row to get a BINGO!

Send a picture of your card to [gcsuwellbeing@gcsu.edu](mailto:gcsuwellbeing@gcsu.edu) by August 15 to claim a prize.