

Faculty of Health

Wellness Bingo

Fall 2024

Spend quality time with loved ones

Find a new spot in nature

Write a letter to your future self

Practice deep breathing exercises

Declutter your workspace

Listen to calming music

Stretch 3 times per week for a month

Read for pleasure for 2 hours

Eat 20 servings of fruits or veggies

Spend 1 hour on a creative activity

Organize a game night with friends

Join a campus club or group

Free

Make a budget for a month

Get 7-9 hours of sleep for a week

Try a new form of exercise

Have a no added-sugar day

Schedule a self-care day

Journal your thoughts

Unplug from social media for a day

Visit a local farmer's market

Express why you value someone

Cook with a friend or family member

Listen to a podcast on wellness

Attend a fitness class

**Prize: \$50
Bath & Body
Works**

- Every completed line earns you 1 entry when you send a picture of your card to health.wellbeing@uwaterloo.ca
- Cards must be submitted prior to 11:59 p.m. (ET) on the day final exams end