

# THRIVE WEEK *bingo* Library Wellness Edition

Get Some Exercise!	Prepare a Healthy Meal	Come Back to Campus Green Screen	Visit Library Art Exhibit	Read a Library Blog Post
Submit a Study Tip on Instagram	Watch a movie!	Read for Fun!	Check out the Student Engagement Website	Work through an Escape Room
Do a Puzzle	Get Some Fresh Air	<b>THRIVE</b>	Make a Bathbomb	Do Some Gardening
Meditate	Showcase Your Art	Drink Some Water	Get More Sleep	Stay on Schedule
Take a Power Nap	Pet your Pet	Breathe 4 - 7 - 8	Follow a Positive Social Media Account	Practice Mindfulness