

MINDFULNESS BINGO @ Work

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| Practice gratitude | Breathe deeply 3 times | Listen to a podcast | Speak honestly | Give a task your full attention |
| Take a screen break | Do something creative | Set a daily goal | Look at a problem as a challenge | Accept what you can't change |
| Smile at yourself in the mirror | Listen to music | FREE SPACE | Take a stretch break | Count 5 things you're good at |
| Declutter your space | Go for walk on your break | Pause between your thoughts and actions | Sit in silence for 5 mins | Give a colleague positive feedback |
| Do one thing a time | Laugh with your coworkers | Notice your thoughts | Notice something with all 5 of your senses | Get a good night's sleep |