

# WELLNESS BINGO

Fill out and bring to Wellnesspalooza on January 18th, 1pm-3pm at the 4H Center!

	SUSTAINING AWE	CULTIVATING CONTENTMENT	NAVIGATING NEUTRAL	STRATEGIES FOR STRESS	PANIC MODE PREPARATION
CURIOSITY	WHAT FEELS LIKE PLAY	WHAT I ENJOY CREATING	WHAT I DO WITH FREE TIME	WHAT I DO TO FIND A WAY OUT OF FRUSTRATION	WHAT I DO TO RECONNECT TO HOPE
FULFILLMENT	WHICH ACTIVITY HELPS ME FIND MEANING	WHICH ACTIVITY HELPS ME FEEL CAPABLE	WHICH ACTIVITY HELPS ME FEEL PRESENT	WHICH ACTIVITY HELPS ME FEEL CALM	WHICH ACTIVITY HELPS ME FIND CLARITY
CONNECTION	WHO I CAN BE SILLY WITH	WHO I CAN SHARE INTERESTS WITH	WHO I GET TO BE WHEN IT'S JUST ME	WHO I TALK TO WHEN I AM STRESSED	WHO I TURN TO FOR SUPPORT WHEN I FEEL LOST
BALANCE	WHERE I CAN BE MYSELF	WHERE I GO TO RECHARGE	WHERE MY MIND IS STILL	WHERE I FIND SUPPORT	WHERE I ACCESS RESOURCES
SELF CARE	HOW I GET ENOUGH SLEEP	HOW I ENSURE I STAY HYDRATED	HOW I EAT FOR HOW I WANT TO FEEL	HOW I MAINTAIN HEALTHY BOUNDARIES	HOW MY BODY FEELS WHEN OVERWHELMED

EACH BINGO YOU MAKE  
CAN HELP YOU WIN A PRIZE!