

Pause Every Day

Year-End Wellbeing Bingo

To take good care of myself this month, I will:

Practice the 54321 grounding exercise*	Take 5 deep belly breaths	Chat with a friend	Drink 8 glasses of water	Say out loud 3 things you are grateful for
Write down 2 things you love about yourself	Carry out one random act of kindness	Practice the body scan meditation*	Send a text to someone you haven't seen in awhile	Read 10 pages of a book for enjoyment
Go for a walk outside	Dance to the length of a song	FREE SPACE	Practice the feel the beat mindfulness exercise*	Plan and prepare to get 7-8 hours of sleep
Eat breakfast	Practice the mountain meditation for 2 minutes*	Listen to a song you love	Take a break from social media for one hour	Tell someone how much you appreciate them
Watch something that makes you laugh	Practice yoga or stretch	Turn off your screens 1 hour before bedtime	Notice something you are doing well	Eat a healthy snack*

*Resources for these activities are available at:
<https://blogs.ubc.ca/educationwellbeing/>

NAME:

BEed PROGRAM: BEEM/BEDS/WKTEP/RRED/NITEP (Circle or Highlight)

EMAIL:

PHONE NUMBER: