

# BINGO

## Wellbeing That Works – On and Off Campus

By completing these activities, you'll be fueling your own wellbeing while inspiring students and colleagues around you. Fill out a row, column, or full card, and celebrate your progress!

Leave a kind sticky note for a colleague	Attend a Meditation Moment Session	Try a new vegetable you've never eaten	Read the OCC Wellness Monthly Newsletter	Take a 10-minute stretch break
Attend a DEI Meeting	Attend the July Wellness Presentation: Sugar Busters	Attend a Strive Monthly Webinar	Go tech-free for one lunch break	Create a 3-song feel-good playlist
Meet with your Primary Care Physician (PCP)	Unsubscribe from 5 junk emails		Invite someone to join you for a walk	Watch a short video or TED talk that inspires you
Step outside and take 5 mindful breaths	Reorganize one drawer or shelf in your office	Refill your water bottle 3x in one day	Join the Strive to Hydrate Wellness Challenge	Complete a preventative exam
Participate in an event hosted by OCC	Bring a healthy snack from home	Create Your Own Wellbeing Activity:	Celebrate a small win by sharing it with a peer	Leave a thank-you note for someone who made your day better

Name: \_\_\_\_\_

Date of BINGO completion: \_\_\_\_\_

Submit Here:



**Deadline: September 30, 2025**