



WELLNESS ACTIVITY

Want to ease stress? Get ready to RELAX

Name: _____



When stress doesn't let up, there is a negative effect on physical and mental health. The risk for depression, heart disease, and digestive problems increases when stress persists.

To help prevent these conditions, it's important to form healthy habits that help reduce stress. This month's wellness activity emphasizes the importance of giving your body a break by practicing daily stress relief activities.

Use the RELAX bingo card to practice a new stress-relieving activity for four or five days each week. You can go across the card and try a new activity each day, or go down each row and practice the same activity each day for a week. Cross off the activity after you accomplish it. After the month is over, consider which stress-relieving activities worked best for you. Regularly put them into practice to maintain the healthy habit. ♦

R	E	L	A	X
Meditate for 2 minutes	Call a friend or take a walk together	Exercise for 5 minutes	Get at least 7 hours of sleep	Take a morning and afternoon stretch break
Meditate for 3 minutes	Call a friend or take a walk together	Exercise for 10 minutes	Get at least 7 hours of sleep	Take a morning and afternoon stretch break
Meditate for 4 minutes	Call a friend or take a walk together	Free Space	Get at least 7 hours of sleep	Take a morning and afternoon stretch break
Meditate for 5 minutes	Call a friend or take a walk together	Exercise for 15 minutes	Get at least 7 hours of sleep	Take a morning and afternoon stretch break
Meditate for 6 minutes	Call a friend or take a walk together	Exercise for 20 minutes	Get at least 7 hours of sleep	Take a morning and afternoon stretch break