

Health Services Self Care



BINGO

Fill in a row in any direction and return completed form to a HS raffle collection box, HS office or email healthservices@shu.edu

Try a new workout plan	Go for a walk	Spend time in nature	Turn off all screens for 2 hours	Do a 5 minute meditation
Give a stranger a compliment	Ride a bike	Eat a new fruit or vegetable	Journal for one hour	Sign up for a Health Services Biometric screening
Drink 8 glasses of water today	Get 7-8 hours of sleep	FREE SPACE	Listen to some music	Laugh out loud
Do an online yoga class	Declutter your space	Spend less time on social media	Recognize your unique talents today	Treat yourself
Read a book	Attend an event on campus	Send a thank you note to someone	Bring a healthy snack to share	Set wellness goals and get an accountability partner

