



May Mindfulness BINGO

Your Wellness Wins—One Square at a Time!

Let's turn mindfulness into a game this month! 🌸 Join us for May Mindfulness BINGO, a fun and flexible way to slow down, recharge, and bring more calm into your everyday life.

- ✓ Each square is a simple, intentional act of wellness
- ✓ Complete 5 in a row (any direction) for a BINGO
- ✓ Try to fill the whole board for a full wellness win!
- ✓ Do it solo or invite your coworkers to play along!



Scroll down to your printable BINGO card or screenshot and track your progress digitally.



Share your progress on Instagram using #SpiceUpYourWellness for a chance to be featured!

May Mindfulness BINGO

<p>Drink water before your morning coffee</p> 	<p>Step outside for 10 minutes of fresh air</p> 	<p>Journal one page about how you're feeling</p> 	<p>Say "no" to something that drains your energy</p> 	<p>Watch the sunset or sunrise</p> 
<p>5-minute guided meditation</p> 	<p>Declutter one small area</p> 	<p>Go tech-free for 1 hour</p> 	<p>Take a deep breath before responding to someone</p> 	<p>Start your day with gratitude</p> 
<p>Stretch for 5 minutes</p> 	<p>Write down 5 things in bring you peace</p> 	<p>FREE</p>	<p>Light a candle and sit in silence</p> 	<p>Read for 10 uninterfuted minutes</p> 
<p>Send an encouraging message to someone</p> 	<p>Make a nourishing meal</p> 	<p>Smile at someone today</p> 	<p>Go to bed without your phone nearby</p> 	<p>Enjoy one meal without screens</p> 

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