




WELLCATS

Live. Work. Be Well.

Summer Bingo

Start a <u>savings fund</u> or make a bonus savings contribution	Step outside for 10 minutes and enjoy the outdoors without a device	Get 8+ hours of <u>sleep</u> each night for 3 nights	Try a new <u>WellCats class</u>	Meet a new colleague or coworker
Take a 10-minute wellness walk	Schedule and attend a <u>Nutrition Consultation</u> Session	Learn a new skill or revisit an old one	Carry around a reusable water bottle this week	Log into Guidance Resources® (<u>Bobcat Balance</u>) and read an article or listen to a webinar
Take time for 20 deep breaths each day for one week	Join a Stretch Break on <u>Teams</u> or watch a <u>recording</u>	 Sign the <u>NAMI Pledge</u>	Take a <u>PAN Cooking Class</u>	Set a <u>financial-related goal</u>
Look for ways to <u>help others</u> (often when we help others, we are helping ourselves)	Attend a <u>Wellness Education Series</u> or <u>ERS webinar</u>	Count the flowers along your walking path	Try <u>Yoga</u> to balance body & mind	Stand or walk for at least 5 minutes every hour this week
Bring a colleague or coworker to a <u>WellCats service</u>	Encourage someone with a positive comment to lift them up	Drink water instead of something else (coffee, tea, pop) for 3 days in a row	Create a <u>Well onTarget</u> account & start earning Blue Points	Practice <u>Box Breathing</u> – breathe in for 4, hold for 4, breathe out for 4, hold out for 4, repeat