

Stress Busting Bingo Challenge

Find your feel-good.

<p>Watch EFT Tapping for Stress & Anxiety On-Demand Webinar</p>	<p>Write 10 things you're grateful for</p>	<p>Download a mindfulness app & complete an activity </p>	<p>Do a yoga session</p>	<p>No T.V. for the day</p>
<p>Take a bath </p>	<p>Dance like no one's watching</p>	<p>Listen to your favorite music </p>	<p>Do something kind for someone else</p>	<p>Stretch for 15 - 30 minutes </p>
<p>Organize a room or closet</p>	<p>Take your lunch break outside</p>	<p><i>Free</i></p>	<p>Watch Breathe Your Way to Calm and Peace On-demand Webinar</p>	<p>Make a healthy meal at home</p>
<p>Explore the outdoors - walk, run, hike, jog, bike etc. </p>	<p>Try a new workout style</p>	<p>Enjoy a Sound Bath Meditation in the HK on-demand library</p>	<p>Treat yourself to a massage or facial</p>	<p>Get 8 hours of sleep </p>
<p>Drink only water for a day</p>	<p>30-minutes of "spa time"</p>	<p>Eat plant based for a day </p>	<p>Facetime a friend or family member</p>	<p>Do a HIIT workout</p>

Track your activities by crossing out squares for each activity completed in any direction. For more details and inspiration check out our [Challenge Guide](#).