

HEALTH KICK

# Stress Busting Bingo Challenge



Prioritize your mental health by participating in a 2-week daily Stress Busting Bingo Challenge. These daily activities are curated to reflect diverse interests and all aspects of your mental well-being — from going T.V. free for a day and taking a meditation class to dancing it out or taking a bath. We want everyone to find their feel-good.

Find Your Feel-Good.

# How It Works:

1. Register Here and download the [Stress Busting Bingo Card](#) to stay on track
2. Track your activities on the Bingo card, the goal is to get at least one Bingo — that's one completed row in any direction. For a little more of a challenge, try to fill out the entire card!
3. Use the recommended brands below or any of your favorites to support you during the challenge!
4. Submit your entry at the end of the 2 weeks, by emailing [concierge@health-kick.com](mailto:concierge@health-kick.com)



# Stress Busting Bingo Activities



## Watch the on-demand webinar: EFT Tapping for Stress & Anxiety

Hosted by HK partner Libbie Health, EFT tapping — also called “tapping” or psychological acupressure — is all about balancing your body’s energy to help transform pain or negative feelings into positive energy.

- [Watch Now](#)

## Write 10 things you’re grateful for

By practicing awareness of the positive things in life, we fight off our tendency to spot the negatives. As a result, we train our brains to be more positive!

- HealthKick partners to try: Check out [Aura Health](#) for 7 days free and try their gratitude journal



## Download a mindfulness app & complete an activity

During meditation, you focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress, which can result in enhanced physical and emotional wellbeing.

- HealthKick partners to try: [Calm](#), [Mind Well](#), [Within Meditation](#) or [Insight Timer](#)

## Do a yoga session

No matter which type of yoga you choose, it’s a great way to stretch and strengthen your body, focus your mind, and relax your spirit.

- HealthKick yoga partners to try: [Sky Ting Yoga](#), [YZ](#), [YogaWorks](#), or [Alo Moves](#)



## No T.V. for a day

Turning off your t.v. will gain you, on average, about 4 hours per day. Imagine if you took that time to exercise, give your brain a workout, and develop strong relationships. Not only would you be adding years to your life, you’re mental wellbeing will benefit greatly too!

*"Almost everything will work again if you unplug it for a few minutes...Including you." – Anne Lamott*



### **Take a bath**

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Warm baths are linked to decreases in stress hormones and more balanced serotonin levels, which help regulate mood. So get to soaking in your tub!

- HealthKick partners to try: [2 Goats 2 Acres](#) or [Cuccio Somatology](#).

### **Dance like no one's watching**

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Dancing is a great stress reliever! It boosts mood and triggers the production of the happy hormone serotonin.

- HealthKick Partners to try: [Sculpt Society](#) (the number one sculpt and dance cardio app) or try [305 Fitness](#)



### **Listen to your favorite music**

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Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory.

- HealthKick partner to try: 7-Days free with [Spiritune](#)

### **Do something kind for someone else**

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Doing something kind for others can boost feelings of confidence, being in control, happiness and optimism. They may also encourage others to repeat the good deeds they've experienced themselves – contributing to a more positive community.

### **Stretch for 15-30 minutes**

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Spending the day hunched over a desk (or a couch-desk) isn't ideal for your posture or flexibility. Counteract this by stretching for a few minutes a day.

- HealthKick partners to try: [Racked Stretch](#), [obé fitness](#), [LYMBR](#), or [JETSWEAT](#) (check out a class from Stretch\*d)



*"You, yourself, as much as anybody in the entire universe, deserve your love and affection." – Buddha*



### **Organize a room or closet**

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Clutter and mess can create more stress and anxiety, but by cleaning, organizing, and reducing the clutter, you are able to take control of your environment and create a more relaxing space.

### **Take your lunch break outside**

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Studies show that eating outdoors, along with keeping your heart healthy, can also decrease the level of stress hormones inside your mind and ease your muscle tension.

### **Practice breathwork**

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Breathing exercises also allow you to think more clearly and reduce feelings of anxiety.

- HealthKick partners to try: [Our Breath Collective](#), try a private breathwork Session with [Avi Greenberg](#) or [The Jedi Of Calm - Kathleen Booker](#), or listen to our [Breath Your Way to Calm & Peace](#)

### **Make a healthy meal at home**

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When you eat well, you feel well! Take a break from ordering in and make a nutritious meal for yourself or your family.

- HealthKick partners to try: [Hello Fresh](#), [Home Chef](#), or [Sun Basket](#)

### **Explore the outdoors – walk, run, hike, jog, bike**

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Even just walking for 30 minutes in a natural or urban environment is linked with reducing stress hormone levels and improving mood.

- HealthKick partners to try: [YOO Fitness](#) to track your activity



*"Mental health is not a destination, but a process. It's about how you drive, not where you're going." - Noam Shpancer*



### Try a new workout style

Your body and brain will reap benefits when you try new activities. There are tons of benefits to mixing up your workouts. It's the key to stimulating different muscle groups and preventing boredom!

- HealthKick partners to try: [SWEAT](#), [Barry's](#), [Melissa Wood Health](#) or [SoulCycle](#)

### Enjoy a Sound Bath Meditation in the HK on-demand library

Learn about why Sound is an effective tool for stress-relief and experience it yourself!

- [Watch Now](#)



### Treat yourself to a massage or facial

Massage induces a relaxation response, which lowers the heart rate, respiratory rate, and blood pressure; boosts the immune system; and generally decreases the physical effects of stress.

- HealthKick partners to try: [Zeel](#), [Skoop](#), or [Skin Spa](#) (if located in NYC)

### Get 8 hours of sleep

Sleep is a powerful stress reducer. Following a regular sleep routine calms and restores the body, improves concentration, regulates mood, and sharpens judgment and decision-making.

- HealthKick partners to try: [Proper](#), [The Nue Co](#), and [ASYSTEM](#)



### Drink only water for a day

When you're stressed, your adrenal glands produce extra cortisol, the stress hormone, and under chronic stress, your adrenal glands can become exhausted, resulting in lower electrolyte levels. Drinking sufficient water can help reduce the negative psychological and physiological impacts of stress.

*"The only journey is the journey within." – Rainer Maria Rilke*



### **Have 30-minutes of "spa time"**

Allow this time to be a means to self-soothe, heal, relax, find calm, have fun, or boost your mood!

- HealthKick partners to try: [Pretty Well Beauty](#), [Manscaped](#), or [Indie Lee](#)

### **Eat plant-based for a day**

Food provides the support and building blocks our bodies need to decrease free radicals, lower stress hormones, and balance our bodies. By eating a plant-based diet, you can reduce your stress and improve your health.

- HealthKick partners to try: [Hungryoot](#), [Sakara](#), or [Daily Harvest](#)

### **FaceTime a friend or family member**

Maintaining connection with friends and family—yes, even through a screen, is one of the most powerful ways to help your mind and body adapt to stress.



### **Do a HIIT workout**

Researchers have found that people with high-stakes, stressful jobs can benefit from HIIT—and the more intense the workout, the greater the stress-busting benefits!

- HealthKick partners to try: [Fhitting Room](#), [Barry's](#) or [Hit House](#)

