

Stress Reduction/Work-Life Balance BINGO!

Someone who unplugs from work on the weekends.	Someone who ask for help when overwhelmed.	Someone who manages their time well.	Someone who keeps days off and weekend's precious.
Someone who takes a vacation every year.	Someone who exercises a minimum of 3 times/week.	FREE SPACE	Someone who meditates.
Someone who does not eat lunch at their desk.	Someone who takes their breaks at work.	Someone who makes plans with family/friends at least once/week.	Someone who takes responsibility for their wellbeing.
Someone who gets 6 or more hours of sleep.	Someone who enjoys life.	Someone who does not take work home.	Someone who does not check e-mail on the weekends.

- Find someone who meets the criteria in the box. Have them initial in the box.
- Participants can only sign in one box.

YOUR NAME _____ COLLEGE _____