

Check off each event and turn in your card when you complete 5 across, down, or diagonally!

B	I	N	G	O!
Mindful Monday	Wellness Goal	QPR/ Opioid	Connect	Eat Green
Journal	Be Seen in Green	Plant It	Check It Out	Email Signature/ Zoom
Laugh!	Art	FREE Take a Pause and Breathe	STRETCH	Green Resources
Thank You	Screen Free	Nice	Post - Its	Gratitude
Button	Smile	Plan	Water Yourself	Nature Walk



More details available at cgcc.edu/wellness

- **Mindful Monday** - Attend session on the 5th or 19th in TDC 3.101/Zoom, or on the 12th in the Amphitheater
- **Wellness Goal** - Set one goal for yourself this week
- **QPR** - Attend a QPR/Opioid training or listen to a wellness podcast/audiobook
- **Connect** - Reach out or make a plan to connect with someone you haven't talked to in a while
- **Eat Green** - Try a new green or healthy food
- **Journal** - Spend 15 minutes and journal about your day
- **Be Seen In Green** - Wear Green on any Wednesday
- **Plant It** - Plant something - even just seeds in a cup!
- **Check It Out** - Get a something from the Library Display
- **Email Signature** - Add the MHM graphic to email signature or use the MHM zoom background
- **Laugh!** - Do something that makes you laugh or just for you!
- **Art** - Attend the Art Event or visit the art space in the Library
- **STRETCH** - Stretch your body for 5 minutes
- **Green Resources** - Attend the Resource Fair in your Green!
- **Thank You** - Thank someone who has helped you
- **Screen Free** - Take a break from social media for one day
- **Nice** - Do something nice for someone else
- **Post Its** - Give 3 Post Its to people at CGCC you appreciate or have helped your growth
- **Gratitude** - Write down 3 things you are grateful for
- **Button** - Create and give a button to someone you care about
- **Smile** - Smile or share a kind thought/compliment to someone
- **Plan** - Make a self-care plan or wellness goal
- **Water Yourself** - Drink some water!
- **Nature Walk** - Attend a Nature Walk or take a walk (no phone!)