

Self-Care - Workplace Bingo



CALD COVID-19 Health Engagement Project (CCHEP)

How to play:

- 1) Each Player is given a Bingo card.
- 2) Cut out a set of Bingo squares and place them in a container for random drawing.
- 3) Players decide on a Bingo Caller and a time frame for the self-care actions, e.g. it is suggested that in lockdown this is played weekly, so self care activities relate to the previous week.
- 4) The Bingo Caller randomly draws and reads out the Bingo squares.
- 5) If a Player has completed that action in the agreed upon time frame, the Player marks it on their Bingo card.
- 6) Players have the opportunity to discuss the actions taken and how the actions have supported their wellbeing after the square has been marked off.
- 7) Wild card is an opportunity for a Player to share with the group a self-care activity that is not covered by the rest of the Bingo squares.
- 8) The game ends when the first Player to get 5 squares horizontally, vertically or diagonally.

Physical Wellbeing	Mental Wellbeing	Spiritual Wellbeing	Workplace Wellbeing	Emotional Wellbeing
Regular healthy meals	Celebrate a small win	Express gratitude	Wild card	Indulge in your chosen comfort
Drink more water	Wild card	Make time for reflection / prayer	Chat with co-workers	Love yourself
Outside activity / exercise	Make time for self reflection	Wild card	Take a break	Set boundaries
Wild card	<ul style="list-style-type: none"> • music • podcast • nature 	Spend time with nature	Get regular supervision	Practice positive affirmation
Take a break / full night's sleep	Decrease stress	Find inspiration	Negotiate your needs	Wild card