





PACE YOURSELF BINGO

Now that we are emerging from an unusual time, how will you prepare and pace yourself in easing back into more in-person situations? How will you ground yourself and check in on your mental health?

	B	I	N	G	O
	 <p>Attend a small gathering with a friend by my side</p>	 <p>Be accepting of others' experiences and comfort levels</p>	 <p>Continue to wash my hands</p>	 <p>Be brave and attend social events</p>	 <p>Indulge in a relaxing bath</p>
	 <p>Continue to follow local guidelines for staying safe</p>	 <p>Walk with a coworker at work</p>	 <p>Let go of what I cannot change</p>	 <p>Stay home when I'm sick</p>	 <p>Pay attention to my negative thoughts and consider a positive view instead</p>
	 <p>Take 5 deep breaths to ground myself and be present in the moment</p>	 <p>Take a nature walk to clear my mind</p>	 <p>Practice my commute before going back to work in-person</p>	 <p>Practice generosity by letting someone go ahead of me in line</p>	 <p>Write out at least one lesson I've learned during these trying times</p>
	 <p>Write out my worries and let them go</p>	 <p>Plan a get-together with friends and family while following local guidelines</p>	 <p>Take time and mourn and recover from loss caused by the pandemic</p>	 <p>Avoid crowds</p>	 <p>Text a friend and tell them three good things that happened to me today</p>
	 <p>Talk with my kids to find out what their worries may be</p>	 <p>Check in on my emotional self</p>	 <p>Trust the science and feel confident the vaccine is working</p>	 <p>Reach out to a family member and tell them I'm grateful for them</p>	 <p>Practice good sleep habits and turn off tech one hour before bedtime</p>