

BINGO

By completing these activities, you'll be fueling your own wellbeing while inspiring students and colleagues around you.

Fill out a row, column, or full card, and celebrate your progress!

Step outside and take 5 mindful breaths	Read a wellness tip article from a credible source (CDC/NIH/Mayo)	Attend the Wellness Presentation	Eat one fiber-rich snack (apple, oats, carrots, etc.)	Take three deep breaths before your next meeting/class
Attend a Meditation Moment Session	Greet someone on campus you don't know	Attend a Strive Monthly Webinar	Try a campus stair walk or take stairs once	Practice a 2-minute "screen break"
Act of kindness for a stranger (hold a door, etc.)	Say "thank you" to someone who helped you recently		Participate in an event hosted by OCC	Listen to music that boosts your mood
Complete a preventative exam	Read the OCC Wellness Monthly Newsletter	Organize one digital folder (email, files, photos)	Join the Wellness Challenge	Swap one sugary drink for water/tea
Create Your Own Wellbeing Activity:	Take 5 minutes to stretch	Attend a DEI Meeting	Check in with a peer or coworker about how they're doing	Meet with your Primary Care Physician (PCP)

Name:

Date of BINGO completion: _____

Submit Here:



Deadline: March 31, 2026