

SKYE

HR CONSULTING

Work-from-Home Wellness Bingo

TOOK 3 DEEP BREATHS	TOOK A STRETCH BREAK	CAUGHT UP WITH A FRIEND	LISTED 3 THINGS I WAS GRATEFUL FOR	HAD VIRTUAL LUNCH OR COFFEE WITH A CO-WORKER
ENJOYED A TASTY MEAL	PARTICIPATED IN A VIRTUAL NETWORKING EVENT	HOSTED A "WALKING MEETING" OVER THE PHONE	DID SOMETHING FUN	ASKED FOR SUPPORT WITH A CHALLENGING SITUATION
PARTICIPATED IN "VIRTUAL CO-WORKING"	DRANK ENOUGH WATER	<i>Free</i>	TOOK AN 8 HOUR SOCIAL MEDIA BREAK	LISTENED TO GOOD MUSIC
TOLD A CO-WORKER WHY I'M GRATEFUL FOR THEM	WROTE DOWN 3 THINGS I DID WELL TODAY	PRIORITIZED JOYFUL MOVEMENT	HUGGED A LOVED ONE	SET A POSITIVE INTENTION FOR THE DAY
TOOK 2, 15-MINUTE BREAKS	SPENT TIME OUTSIDE	DECLUTTERED MY WORK SPACE	GOT ENOUGH SLEEP	READ SOMETHING INSPIRING

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