

## DE-STRESS BINGO

<b>B</b> uild strength	<b>I</b> nnner peace	<b>N</b> utrition	<b>G</b> et Creative	<b>O</b> utreach
<b>Go for a walk/run/hike</b>	<b>Practice deep breathing</b>	<b>Make a fruit smoothie/juice</b>	<b>Start a new hobby you have been wanting to try</b>	<b>Join an exercise class/group</b>
<b>Take the stairs</b>	<b>Yoga</b>	Swap ingredients in your usual comfort food with something sugar free, gluten free, or whole grain	<b>Listen to/compose relaxing music</b>	<b>Join the CSM nursing support group</b>
Visit Petita Rentz during office hours for BMI testing and quick exercise tips	<b>Practice positive affirmations</b>	<b>Free Yourself Space</b>	<b>Knit/Crochet</b>	<b>Meet someone for lunch/coffee</b>
<b>Dance/Zumba</b>	<b>Sit outside and focus on one sense at a time (Sound, smell etc.)</b>	<b>Pack your lunch instead of buying</b>	<b>Journal Write</b>	<b>Meet with a study group/ Visit the Student Success Center for peer tutoring</b>
<b>15 minutes of strength exercises every hour during studying</b>	<b>List things you are grateful for</b>	<b>Incorporate at least one new vegetable in a meal this week</b>	<b>Paint/Draw</b>	<b>Watch A movie with friends/family</b>
<b>Clean a room</b>	<b>Sleep at least 7 hours</b>	<b>Drink at least 80 oz of water today</b>	<b>Explore the Healthy Nurse Healthy Nation site</b>	<b>Meet with Sheila Levings for test taking strategies</b>

## Instructions

- To win a bingo you must complete two or more activities in each column.
- The “free yourself space” is not meant as a placeholder but as a space where you can complete any activity that gives you the most peace, relaxation, or growth. This activity can be a repeat of your favorite from the bingo card, or one that you think of on your own. Have fun and let loose with this box!
- It is important to only complete activities that are within your capacity, so the activities may be tweaked in order to accommodate any individual needs.
- The challenge is meant to be used during the semester to provide a guide for self-care; therefore, the bingo cards are due by March 30. HOWEVER these activities can be used wherever, whenever, and their use and individualization is encouraged during and after the challenge.
- If you choose to have BMI testing and/or complete strength exercises, Petita Rentz is a great resource. Her office is located in CE129 at the La Plata Campus, and her phone number is 301-934-7755. She will have BMI testing available during the semester and will provide tips for time efficient and safe exercise routines.
- The CSM nursing support group is held once a month at rotating campuses. Locations and days of the meetings will be posted; however, the information can also be obtained through Sheila Levings and Jennifer Fossell. The number for Sheila Levings is 301-934-7527 and the number for Jennifer Fossell is 240-725-5328.
- Each campus has its own Student Success Center. CSM offers free peer tutoring that varies by campus, subject, and tutor. Each success center should be contacted to obtain this semester’s most up to date tutoring schedule.
  - **La Plata Campus;** 301-934-7657; LR Building, Room 120
  - **Leonardtwn Campus;** 240-725-5329; Building B, Room 111
  - **Prince Frederick Campus;** John E. Harms Academic Center (Building A); Room 125
- Sheila Levings is a great resource for study tips, time management tips, and help with any other issue that may be impeding your success throughout a health sciences program. She takes in-person appointments, zoom appointments, and walk in appointments. Her office is at the La Plata campus HT738 and her phone number is 301-934-7527. Arrangements to meet at any campus can be made by e-mail or phone call.
- Finally, HAVE FUN and ENJOY MAKING TIME FOR YOURSELF! Your dedication to others is vital and commendable, and time dedicated to yourself is well deserved.