



Health & Wellness BINGO

As the days get shorter and the nights get longer it may seem challenging not only to adjust to this seasonal transition but to also maintain your health and wellness. One way we can get through the changing of the seasons is by prioritizing our mental health and wellness. Mental health and physical health are interconnected. When you take care of your physical health you are also taking steps to nourish your mental health.

The key takeaway is to try new things this autumn/winter. Move your body incrementally during the week, journal and remember you have the skills you need to get through the changing of the seasons.











Complete your card to be entered in a gift card giveaway drawing by:

- Drop off or mail your completed card to Prevention Services at the Olathe office 1125 W. Spruce St. Olathe, KS 66061
- Email a photo or scanned version to kansasstrongertogether@jocogov.org
- Include name, email address and/or telephone number on your bingo card

Drawings will be held in November, December and January. Winners will be contacted through information provided on the completed bingo card.

Resources

1. [COVID-19 Vaccine](#) – Johnson County Department of Health and Environment
2. [21-Day Meditation Jumpstart Journal](#) - Pause First Academy
3. [Take a Mental Health Test](#) - Mental Health America
4. [Eating to Lift Your Winter Blues](#) – Cleveland Clinic
5. [Flu Shots](#) – Johnson County Department of Health and Environment
6. [Our 60-Second Type 2 Diabetes Risk Test](#) - American Diabetes Association
7. [Hy-Vee Dietitians](#) - Hy-Vee
8. [Stress Management: Doing Progressive Muscle Relaxation](#) - University of Michigan Health

Received your COVID-19 vaccination 	Took a break from social media	Spent 30 minutes exercising 	Visited a mental health professional	Practiced gratitude 
Set a new boundary	Journalled for 20 minutes 	Visited a Primary Care Provider (PCP)	Received 30 minutes of vitamin D 	Took an online mental health screening
Tried a new healthy recipe 	Practiced breathing exercises	<i>Be gentle with myself</i>	Attended a health screening	Talked to someone you haven't in awhile 
Took an online diabetes risk questionnaire	Went to a free Hy-Vee nutrition store tour 	Tried something new	Listened to a podcast or read a book 	Took a mental health day
Got 7-9 hours of sleep 	Made a to-do-list	Got your flu shot 	Watched a comedy	Tried a progressive muscle relaxation exercise 