

UNIVERSITY COUNSELING CENTER

STRESS LESS BINGO CHALLENGE

MARCH 23 - APRIL 3



SCAN THE QR CODE TO SUBMIT YOUR SUCCESS!

ONE ENTRY INTO THE RAFFLE WILL BE PROVIDED FOR EVERY 5 SKILLS PRACTICED, AND YOU GAIN AN EXTRA ENTRY IF YOU REFER A FRIEND TO THE CHALLENGE.

Go on a nature walk	Reduce screen time by 1 hour per day for 1 week	Color a mandala or other coloring page	Try a new craft	Complete a jigsaw puzzle
Complete a guided meditation for stress relief	Attend an event on campus	Play a board game with friends	Do a random act of kindness	Participate in mental health screening day
Enjoy a relaxing shower	Write a gratitude list	FREE SPACE	Share a meal with friends	Stop using your phone 1 hour before bed for 1 week
Go for a workout at the Rec Center	Read for fun for at least 30 minutes for 1 week	Write a positive affirmation and say it 1 time per day	Create a mood-boosting playlist	Call a loved one and ask about their day
Practice saying "no" when your plate is already full	Journal about a challenge you're going through	Watch a funny movie or comedy special	Practice self-compassion and write yourself a letter of encouragement	Use a grounding exercise when feeling overwhelmed

For more information, contact the University Counseling Center at (616)331-3266 or visit gvsu.edu/counsel.