

# Mindset Matters


## BINGO! Challenge

Our mental health is so important to our overall health and well-being. Simply put, it affects how we think, how we feel, how we manage stress, and how we connect with others.

Engaging in healthy activities and behaviors is good for our mind and emotions. The bingo card below encourages you to engage in healthy activities such as movement, nutrition, sleep, mindset, financial wellness and social health. At Moda, these are known as the six pillars of health and wellness.

### Instructions:

For this challenge, try to complete as many BINGOs as you can in the next four weeks. Complete five activities in a row on the Mindset Matters card below – either vertically, horizontally or diagonally – to score a BINGO!

	Challenge!				
Movement	Tried a new movement activity	Stood or walked during a meeting	Moved in a playful, unstructured way	Got at least 15 minutes of safe sun exposure	Reframed "I don't have time" to "I'm making this a priority"
Nutrition	Ate a meal without distractions/screens (tech-free meal)	Planned my meals for the week	Cooked enough to share outside of your home	Shopped local or at a farmer's market	Tried a new fruit or vegetable
Sleep	Read book before bed instead of watching TV or scrolling	Avoided caffeine or alcohol at least three hours before bed		Tried a new sleep hygiene tool	Maintained a consistent sleep schedule
Mindset	Practiced box breathing	Reflected on three positive things from your day	Reflected versus reacted during a stressful moment	Engaged in self-care activity	Embraced a positive affirmation for a day
Social	Reached out to someone you haven't connected with in a while	Disconnected from social media for a day	Volunteered or helped someone or my environment	Showed appreciation to someone or wrote a thank you letter	Joined an interest group (in-person or virtually)

### Access free health coaching

Eligible members can work confidentially with a health coach, available at no cost, to set sustainable health goals and move toward them in ways that work best for you. You will better understand your health, how to advocate for yourself, and self-manage ongoing health issues. Since health coaching takes place by phone or video, it's easy to connect from just about anywhere. For more information, contact [healthcoachteam@modahealth.com](mailto:healthcoachteam@modahealth.com) or call 800-913-4957.

[modahealth.com](http://modahealth.com)

