

# 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 who 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)

### Connect with a Moda Health Behavioral Health Champion

Our dedicated Behavioral Health 360 Champions bring all the support and tools for mental wellness directly to Moda medical members. Use Behavioral Health 360 Champions to help find the right mental health care, services, and support. Access a dedicated Behavioral Health 360 Champion by logging into your Member Dashboard at [modahealth.com/memberdashboard](https://modahealth.com/memberdashboard), emailing the Behavioral Health Champion directly at [bhchampions@modahealth.com](mailto:bhchampions@modahealth.com), or calling 833-212-5027 (TTY:711).

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

