



Western



January Wellness Bingo

How to participate.

- Aim to complete one line (horizontal, vertical, or diagonal) each week. See attached info sheet for more information.
- Submit your card — however much you've completed — **by January 30, 2026, at 12:00 p.m.**
- Mark your completed squares and email a photo or digital copy to livingwell@uwo.ca.
- Earn **Wellness Rewards points** for each completed square and be entered into a **prize draw!**

B (Boundaries)	I (Inner Calm)	N (Nature & Move)	G (Gratitude)	O (Offline)
Use your email signature and auto-reply to allow you to disconnect	Read Relaxation Tips to Help You Beat Stress with TELUS Health	Walk to the Thames River Trails	Send a Kindness Counts note	Screen-Free Lunch (30 minutes)
Turn off Push Notifications	Attend virtual Gentle Mindful Movements/ Chair Yoga	Take the stairs all day	Compliment a colleague	Read a physical book (15 mins)
No work email after 6:00 p.m.	Try the 4-4-4-4 (box breathing) Deep Breathing Technique	FREE SPACE Wear Western Purple	Write down three wins for the day	No screens 60 minutes before sleep
Delete one unused app	Explore TELUS Health online programs. Start one that you feel you would bring you benefits, such as Beat Stress	Join a campus Wellness Walk	Say "Hi" to someone new on campus	Device-free meeting (pen & paper)
Unsubscribe from three newsletters	Check the Wellness Rewards portal	Do a desk-side stretch session or 10-minute Chair Yoga	Listen to a Mindful Break on Gratitude	Take an analog commute (no phone)

Supplementary Reference Sheet

1. B (Digital Boundaries)

- **Email Signature:** Use it to reflect your working hours based on [Western's Disconnecting from Work Guidelines](#).
- **Email Auto-Reply:** Let people know when you are “disconnected” - [Western's Disconnecting from Work Guidelines](#).
- **Push Notifications:** You can change cell phone settings to turn off non-essential pings and reduce digital "noise."

2. I (Inner Calm)

- **TELUS Health self-guided modules.** [Login to choose modules on anxiety, stress, and sleep and more.](#)
- **Living Well @ Western:** Join the [Living Well @ Western](#) sessions that fit your schedule, or watch pre-recorded sessions when time allows!
- **Visit Western Wellness:** Human Resources, Health, Safety & Well-being have [informative infographics](#) on various wellness topics!

3. N (Nature & Move)

- **Wellness Walks:** Meet every Thursday or Friday at 11:00 AM at the Biological & Geological Sciences Building. [Email Ben Souriol](#) to participate. Meet at Biological & Geological Sciences, rain or shine.
- **Thames Trails:** Western's campus is home to beautiful riverside paths—perfect for a screen-free lunch break.
- **Explore a Green Space:** Western University includes more than 450 hectares of land that features diverse landscapes such as an old growth Carolinian forest, the Medway Valley Heritage Forest, various gardens, and open spaces.

4. G (Gratitude)

- **Kindness Counts:** Use Western's downloadable cards to send a personalized note of appreciation to a colleague.
- **Power of Appreciation:** Listen to Mike Robbins TED talk on the [Power of Appreciation](#)

5. O (Offline)

- **The 60-Minute Rule:** Power down devices one hour before bed.
- **Unplugging Routine:** [15 Essential Unplugging Routine Tips to Reclaim Your Peace and Crush Burnout](#)