



@unocounselingservices



uno.edu/counseling-services



504-280-6683

Counseling Services

Mindfulness

Bingo

Giveaway

| | | | | |
|--|--|---|---|---|
| Wake up early | Make a change. Examples: Order something different from a restaurant. Take a different route to work or class. | Eat deliberately | Speak honestly | Put your phone away a 1/2 hour early every night for 1 week |
| Relate kindly | Listen wholeheartedly | Get clear on your values! Identify your top 3 values you want to focus on. | 15 minutes of Sunlight for 5 separate days. | Drink at least half a gallon of water in a day. |
| Walk slowly | Color or Draw | FREE SPACE | Write your thoughts | Move your body. Feel it. Connect to it. What is it telling you? |
| Show appreciation to someone/something | Take time to reflect | Pause between action | Get lost in the flow of doing what you love | Connect with your senses |
| Be in the moment. Take a 24 hour break from ALL social media | Meditate 5 minutes every day for 1 week | Notice your thoughts | Declutter one space | Get a good night's sleep |

Be one of the first 3 people to finish the Entire Board by August 10th for a chance to win a UNO Bookstore Gift card!

Write the dates that you've completed each activity on the respective squares and submit to unocsoutreach@uno.edu