

## Participate in the Health and Well-Being Program's BWELL (BINGO) challenge for Healthy Workplace Month.

Check off the activities that you did throughout the month and submit your sheet to [healthandwellbeing.hr@mcgill.ca](mailto:healthandwellbeing.hr@mcgill.ca) by October 31st.  
All who participate will be entered into a draw for a prize!

B	W	E	L	L
Browse our many nutritional wellness resources	Write a thank you email to a colleague or friend	Read how to cultivate resilience in the wake of Covid-19	Monitor your screen time	Have a virtual dinner date with friends or family
Take a photo of a beautiful sunrise or sunset	Spend time on a meaningful hobby	Read a previous version of the MHW Newsletter	Review and share COVID-19 wellness resources	Register for the Desautels McGill Personal Finance essential online modules
Learn more about financial wellness	Read about how to Ergo your home office space	<b>Free Space</b>	Initiate a virtual non-work related activity (coffee break, 5 a 7)	Go for a walk and identify 5 different types of trees
Attend a Health and Well-Being session	Learn about mindfulness	Watch a video on how to improve your sleep	Form a team and participate in a get moving challenge	Eat slowly and savor a meal
Practice writing 3 good things that went well each day	Say something kind to someone who needs a boost	Try a new heart healthy recipe	Participate in the Virtual Health Fair activities!	Check out the We Live to Move site created by McGill Athletics