

# STIFEL

## BENEFITS & WELLNESS

### FAIR BINGO


ENCHANTED FOREST OF  
WELLNESS

EMOTIONAL

FINANCIAL

SOCIAL

PHYSICAL

<p>Download the Emlife App. Click on the 10 short mindfulness practices, &amp; choose one to do.</p> <input type="checkbox"/>	<p>Join Christa's Meditation session on Wed, 4/23 at 9:30am CST</p> <input type="checkbox"/>	<p>Walk instead of drive.</p> <input type="checkbox"/>	<p>Wake up 10 minutes earlier &amp; write down a goal for the day.</p> <input type="checkbox"/>	<p>Pickup trash at a local park.</p> <input type="checkbox"/>
<p>Join Christa's Desk Yoga session Tuesday, 4/24 at 12pm CST</p> <input type="checkbox"/>	<p>Turn off social media.</p> <input type="checkbox"/>	<p>Turn off electronics 30 minutes before bed.</p> <input type="checkbox"/>	<p>Take a lunchtime walk with a work buddy.</p> <input type="checkbox"/>	<p>Walk an additional 2,000 steps today.</p> <input type="checkbox"/>
<p>Go plastic free today.</p> <input type="checkbox"/>	<p>Go paperless today.</p> <input type="checkbox"/>		<p>Pack a lunch instead of going out.</p> <input type="checkbox"/>	<p>Get outside and exercise today.</p> <input type="checkbox"/>
<p>Practice gratitude by writing 3 things for which you are grateful today.</p> <input type="checkbox"/>	<p>Eat lunch away from your workspace.</p> <input type="checkbox"/>	<p>Cook a healthy meal mindfully.</p> <input type="checkbox"/>	<p>Take the stairs instead of the elevator.</p> <input type="checkbox"/>	<p>Attend one live webinar during the virtual health fair.</p> <input type="checkbox"/>
<p>Read for 30 minutes.</p> <input type="checkbox"/>	<p>Plant some seed or a tree.</p> <input type="checkbox"/>	<p>Spend 30 minutes outside in the sunshine.</p> <input type="checkbox"/>	<p>Visit at least 5 vendor booths during the virtual health fair.</p> <input type="checkbox"/>	<p>Practice self-care.</p> <input type="checkbox"/>

Submit a copy of your completed board [HERE!](#)