



OneGovCQ

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Healthy and Safe Workers Month Bingo

Participants who complete their sheet and submit their bingo card with at least one photo included or uploaded to Basecamp will go into the draw to win 1 of 4 - \$25 gift cards

Be Creative (ie. make a lego model, finish a jigsaw puzzle, draw or paint a picture etc). Email a photo of your creation to win a prize	Stay connected. Make contact via social media, video conferencing or telephone with someone whom you have not recently connected	Watch the 8 Secrets of a Healthy Mind - YouTube 7 mins	For 3 days in a row, go on a lunchtime walk for at least 15 minutes	Get up at the same time each day (7 days in a row) – What is Sleep Restriction Therapy? Treatment for Insomnia (sleephealthsolutionsohio.com)
Try out a new hobby or skill (eg. cook a new recipe, play an instrument, learn a language, learn how to sew) email image	Watch the Hacking Your Brain's "Reward System" to Change Habits - YouTube 7.35 mins	Read a book or listen to a podcast (email image)	Watch the This Is Why Eating Healthy Is Hard (Time Travel Dietitian) - YouTube 4.30mins	Practise some relaxation strategies and mindfulness exercises. Check out headspace or smiling mind for inspiration
Set yourself a new health, safety, or wellness goal.(email idea)	Spend a day tuning into your body while working. Stop, drop and roll your shoulders regularly to release muscle tension	For every meeting that you schedule with others, schedule a 5-minute rest break after each meeting to stretch and move	Complete 10,000 steps for 3 consecutive days.	Spend a day tuning into your body while working. Stop, drop and roll your shoulders regularly to release muscle tension
Listen to music. Music can have far reaching benefits from calming us when we are agitated or stressed, to energising us when we are tired	Read the Managing stress and anxiety tip sheet	Watch the Areas of the Brain - YouTube 3.06mins	Bring a camera (or your mobile phone) your daily walks, stop and take a moment to enjoy something in your neighbourhood that inspires you	For the month of October complete a Daily Wellness Journal Free PDF Printable
Do an act of kindness for a family member, friend, colleague or even a stranger	For 5 days in a row, start your day with some form of exercise, stretching or moving	Have morning tea with your team	Schedule regular lunch and tea breaks into your calendar.	Attend a fitness class or get a group of friends together and go for a hike

Entries close: 4pm Monday 31 October 2022

Please submit your completed Bingo card to
debbie.housman@premiers.qld.gov.au