

Mediterra: Wellbeing Bingo

Dear fellow trainer,

Welcome to Medittera Wellbeing Bingo! This is a gamified tool for supporting you in gaining better wellbeing for your life. Or just to start on the path of wellbeing!

To set it up, you will need to cut out the bingo wheel and the arrow, and put a needle in the middle of the arrow and the wheel. If you don't have the needle- don't worry, just take the pen, close your eyes and wave the pen like a magic wand and stop! Where the pen is pointing, that is the colour you need to choose.

To play you spin the arrow (or wave the pen) and choose up to 2 wellbeing steps to do for yourself according to the colour coding. Do this once per day and make your wellbeing come true. If you want you can do all the tasks of that colour. It is up to you.

The steps have been provided by other members of the Trainers Community.

You can also do the game on a training course or with a group of friends. You could also make it a great present for all of those who need better wellbeing in their life.

Enjoy and spin the wheel of wellbeing!



Mediterra Wellbeing Bingo

**Meditate
for 20
minutes**

**Take a 20-30
minutes nap**

**Call your
best friend**

**Drink a
glass of
water**

**Read a
book**

**Take a 20
minute
walk**

**Go for a
swim**

**Watch a
good
movie**

**Make a
financial plan
for this
month**

**Celebrate a
successful
training**

**Eat something
healthy today**

**Hug
someone
for 30 sec**

**Ask for
support**

**Take a day
off**

**Research
some easy
exercises**

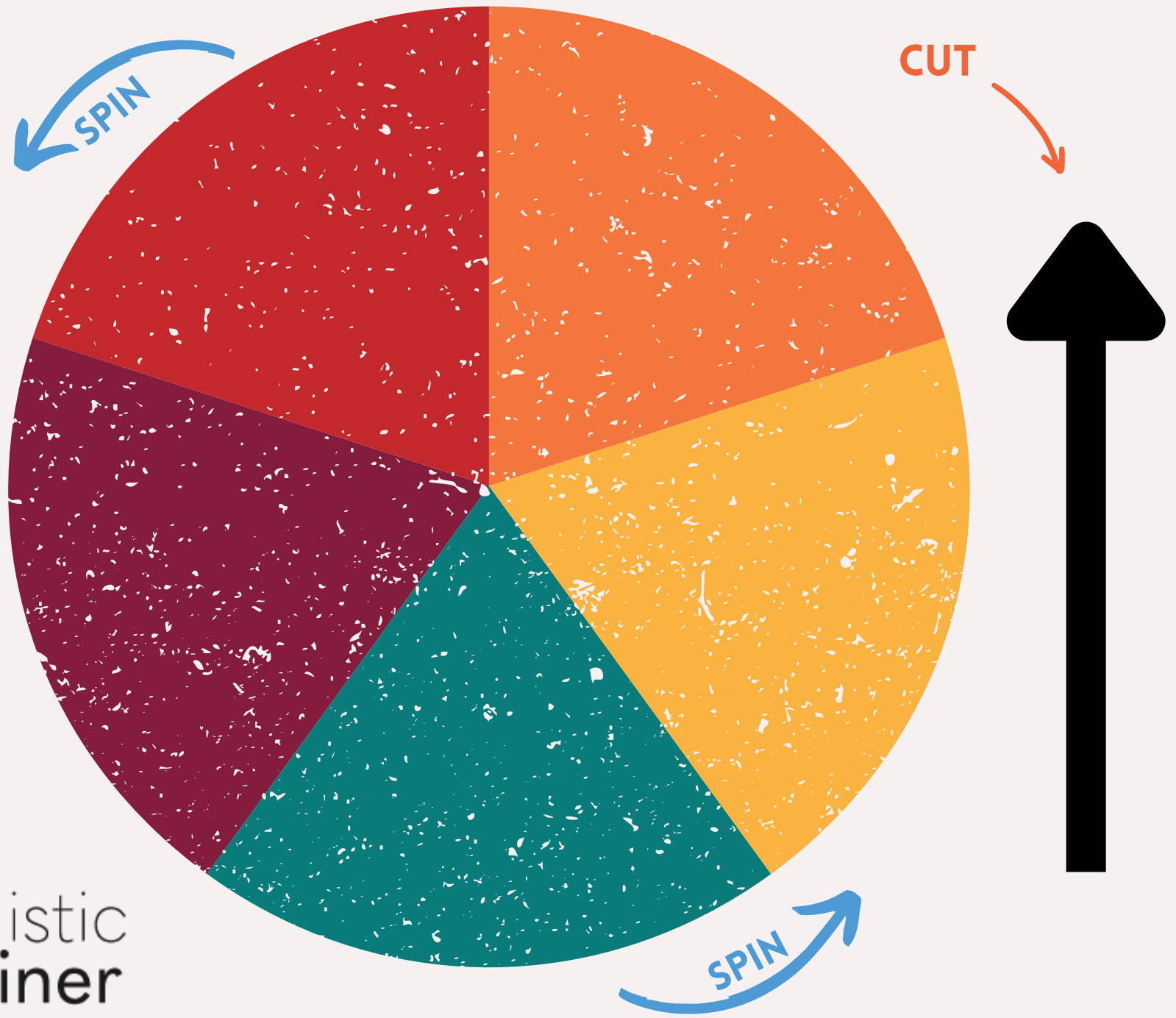
**Think about
what you can
do for yourself
in the next 5
days**

**Take 5 deep
breaths**

**Make a
promotional
plan for your
work**

**Plan something
for yourself
for the coming
weekend**

**Write down all
your areas of
expertise and feel
good about
yourself**



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Visit: <http://iywt.org/holistic> for more tools.



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