

Northminster

PRESBYTERIAN CHURCH

Stress, Rest, and Sabbath

BINGO CARD

Turn your phone off for 24 hours	Take a Nature Walk	Do something creative	Dance to your favorite song	Tell a friend that you love them.
Write some affirmations about yourself	Belly Laugh	Scream (not at someone) for stress release	Don't look at the News for 24 hours	Intentionally remove something from your To-Do list
Let yourself cry	No Social Media for 24 hours	Go to Northminster's Time-Out on Sunday nights at 7:30	Play with a pet or animal	Exercise for 20 minutes
Do a task that you have been avoiding	Guard your free time and say "no" to additional responsibility	Share a meal with someone	Take Deep Breaths for 2 minutes	Journal
Take a mid-day stretch break	Forgive yourself for something you did.	Don't look at your email for 24 hours	Do a Body Scan (paying attention while you tighten and relax each of your muscles)	Play a Game with other people