<table>
<thead>
<tr>
<th>Participate in Move with the Pack (May 22)</th>
<th>Have a five-minute dance party to energize your day</th>
<th>Contribute to Lobo Food Pantry (time or food) Donation bins at select SA week events</th>
<th>Post to the Staff Council Facebook page using #WeAreUNMStaff</th>
<th>Attend Wake up Wednesday (May 24)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Journal 3 good things for the day every day this week</td>
<td>Attend Tour Tuesday (May 23)</td>
<td>Email us and suggest a Wellness program you’d like to see</td>
<td>Attend Music and Melting (May 22)</td>
<td>Compliment a co-worker on a job well done</td>
</tr>
<tr>
<td>Find and email your grade or precinct councilor</td>
<td>Watch a financial wellness webinar (or read an article)</td>
<td>Register for a QPR Suicide Prevention Training class</td>
<td>Move during the workday! Follow along with a desk stretch video</td>
<td></td>
</tr>
<tr>
<td>Meditate using one of our pre-recorded guided meditations</td>
<td>Attend Therapy Thursday (May 25)</td>
<td>Walk with a co-worker along a Lobo Trail</td>
<td>Attend Fun Friday: Cheers with Peers (May 26)</td>
<td>Sign up for the HSC BeWell email newsletter</td>
</tr>
<tr>
<td>Schedule a free consultation with Employee Wellness</td>
<td>Log into TAO and browse stress management tools</td>
<td>Browse the Benefits &amp; Employee Wellness website</td>
<td>Be grateful, say “thank you” to three co-workers</td>
<td>Sign up for the LoboWell listserv</td>
</tr>
</tbody>
</table>
STAFF APPRECIATION BINGO

UNM Staff Council and Benefits & Employee Wellness have teamed up to add more fun to Staff Appreciation Week with this bingo game! All completed entries will be entered into a drawing for exciting prizes!

INSTRUCTIONS

- Complete activities on the bingo card during Staff Appreciation Week (May 22-26, 2023). Cross off activities you have completed.
- Find activity details at https://staffcouncil.unm.edu/staff-appreciation-week.html or use the links in the bingo grid.
- The center box is a “Free” space.
- Once you make a bingo (completed row, column, or diagonal), submit your card to be entered into a prize drawing.
- You can enter your card at the Staff Council table at any event or by scanning and e-mailing it to Benefits & Employee Wellness at wellness@unm.edu.
- Since integrity is one of the University’s guiding principles, you do not need to have Staff Council or Benefits & Employee Wellness verify your completed activities.
- Entries must be received by May 26, 2023 at 6 pm

PRIZES

- Submitted bingo cards will earn 5 entries in the prize drawing.
- Visit the Staff Appreciate Week activities page for prize details.

QUESTIONS?

- Contact Benefits & Employee Wellness at wellness@unm.edu.
- Contact Staff Council at scouncil@unm.edu or 505-277-1532 or Staff Appreciation coordinators: Grace Faustino (gfaustin@unm.edu) & Yadéeh Sawyer (yadeeh@unm.edu).