

# PANDEMIC SURVIVAL

## Renewal Bingo!

Choose only one of these things to do each day and circle or mark through a practice when you have completed. When you have bingo (five across, down or diagonally), take a screen shot and post on social media using #renewalbingo.

Say no to all requests for your time and energy

Turn off all Social Media

No Multi-tasking.  
One thing at a time.

Only do things you enjoy

Send out five notes via snail mail to people who are important to you

Sit at a table and eat slowly for every meal

Every time you start to worry about something, write it down and save the worrying until tomorrow.

No Complaining

Turn off the computer

News Blackout.  
Turn off all alerts and any news shows.

Drink 100 ounces of water

5 minutes of stretching each hour you're awake

Read the Gospel of Mark

Go Vegetarian

Color an entire picture in a "grown-up" coloring book

Walk five miles

Eat only whole foods

Practice the Liturgy of the Hours\*

Do a photo shoot of sights you love within walking distance of your home

3 minutes of deep breathing every hour you're awake

Get outside at least three times

Create a playlist of songs that inspire you

Engage in a favorite hobby

Bake, cook or create something to give away

No negative self-talk

\*Google Liturgy of the Hours to learn more