

The holidays are here- and for some, that can mean added stress. This year, we encourage you to take extra good care of yourself. **You matter!**

Here's the challenge: starting **Monday Nov. 24, 2025, through Friday Jan 9, 2026**, complete **15 or more** of the self-care activities on the Bingo Card below.

Use the QR code in the center square to get your Bingo Card. The first 500 to sign up win a self-care prize!

Return your completed card the week of January 12, 2026 by: **(a)** handing it to one of the UHC Onsite Team, or **(b)** sending it via interoffice mail to CMOB, attn UHC Onsite team, Mail Code 250D, or **(c)** attaching an e-copy of your completed card and emailing it to COTNurse@UHC.com or COTCoach@UHC.com , or **(d)** whatever other method works for you!

 <h2 style="text-align: center; color: red;">2025 Holiday Self-Care Bingo!</h2> 				
 <p>Enjoy a 15-minute str-e-e-tch break!</p>	 <p>Take a 10-minute walk</p>	 <p>Wear something COZY</p>	 <p>Un-plug from social media</p>	 <p>Dance to a HOLIDAY song!</p>
 <p><i>Practice meditation or deep breathing for 5 minutes</i></p>	 <p>Take a nap</p>	 <p>Do a holiday craft!</p>	 <p>Do something that makes you laugh!</p>	 <p>Hug someone</p>
 <p>Eat a heart-healthy snack</p>	 <p><i>Drink 64 oz of water today</i></p>		 <p>Journal for 10 minutes</p>	 <p>Call or text a loved one</p>
 <p>Relax to your favorite music or book for 30 minutes</p>	 <p>Declutter one small space.</p>	<p>Write down 3 things you're grateful for</p> 	 <p>Do a random act of kindness</p>	 <p>Talk to your doctor about preventive care screenings</p>
 <p>Eat 3-4 servings of fruits & veggies today</p>	 <p>BRUSH AND FLOSS YOUR TEETH REALLY WELL</p>	 <p>Drink a warm beverage</p>	 <p>Stop eating when you are satisfied tonight at dinner</p>	 <p>Check your blood pressure this week</p>



Please Note: the 2025 Holiday Self Care Bingo game is meant for City of Tampa employees and spouses who are on the United Healthcare City Plan with HRA or the United Healthcare Simple Wellness Plan!

