

BINGO Calls – Monday, May 9, 2022

The following bingo words were randomly selected by Dr. Michael Burdz for Monday, May 9. Mark your card if you have these words. See the game rules at www.knowledscentre.org/wcm-docs/docs/2022_mental_health_may/bingo_rules_2022.pdf.

1. Wash Your Hands



2. Life Purpose

Your life purpose consists of the central motivating aims of your life—the reasons you get up in the morning. Purpose will be unique for everyone; what you identify as your path may be different from others. What’s more, your purpose can actually shift and change throughout life in response to the evolving priorities and fluctuations of your own experiences. Questions that may come up when you reflect upon your life purpose are:

- Who am I?
- Where do I belong?
- When do I feel fulfilled?

Living on purpose feels alive, clear, and authentic. You may also experience “flow,” which is a state of total absorption in which time seems to disappear and you feel content and fulfilled.

In short, purpose offers definite emotional and psychological benefits!

Source: <https://www.takingcharge.csh.umn.edu/life-purpose>

3. Easy Going

Most people admire those who keep their cool and just take whatever is thrown at them. Have you ever wondered how to keep going and smile through hard times? Maybe you were not born with a laid-back attitude, but you can adopt one by changing the way you perceive and respond to the world around you. Learn how to take life in stride and develop the easy-going attitude you long for:

Facing Problems with Ease

- Don't internalize problems.
- Ask yourself if it really matters.
- Consider if there is something you can do about the situation.

Focusing on the Positive

- Put a stop to negative self-talk.
- Practice gratitude to improve your mood and outlook.
- Find reasons to laugh.

Adopting Care-free Habits

- Go with the flow.
- Take personal responsibility for your own happiness.
- Make self-care a regular part of your day.
- Live your passions.
- Stop worrying about what other people think.

Source: <https://www.wikihow.com/Be-Easy-Going>

4. Poop

Yes, it's good to know more about this. Click for an easy-to-read full-size infographic! www.healthworks.my/infographic



5. Medical check-up

It's better to prevent an illness than to have to treat it. That's why regular checkups are essential. Routinely evaluating your risk factors for various medical conditions, screening for cancer and other diseases, and assessing your lifestyle habits helps you stay healthy while reducing your risk of chronic or life-threatening diseases.