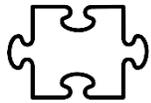


BINGO Calls – Tuesday, May 10, 2022

The following bingo words were randomly selected by Lee Thomas (Maintenance) for Tuesday, May 10. 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. Puzzles



Are you looking for a healthy distraction and escape from the world around you? Look no further than your dining room table and a jigsaw puzzle. While we are physically distancing and staying home more due to COVID-19, jigsaw puzzling is a great way to pass time. Putting a jigsaw puzzle together has many health benefits and can help reduce stress and improve memory.

Got some time and a computer? Try a free online jigsaw puzzle: <https://www.jigsawplanet.com/>

2. Sleep

Most adults need 7 to 8 hours of good quality sleep on a regular schedule each night. Getting enough sleep isn't only about total hours of sleep. It's also important to get good quality sleep on a regular schedule so you feel rested when you wake up. Getting enough sleep has many benefits. It can help you:

- Get sick less often
- Stay at a healthy weight
- Lower your risk for serious health problems, like diabetes and heart disease
- Reduce stress and improve your mood
- Think more clearly and do better in school and at work
- Get along better with people
- Make good decisions and avoid injuries – for example, sleepy drivers cause thousands of car accidents every year



Try this sleep video: <https://www.youtube.com/watch?v=rCSCPujLs14>

3. Massage



Massage is generally considered part of integrative medicine. It's increasingly being offered along with standard treatment for a wide range of medical conditions and situations. Massage benefits can include:

- Reducing stress and increasing relaxation
- Reducing pain and muscle soreness and tension
- Improving circulation, energy and alertness
- Lowering heart rate and blood pressure
- Improving immune function

Source: <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/massage/art-20045743>

Keep going for more of today's Bingo words!

4. Hot Bath

A shower might be at the root of your regular routine, but a bath comes with health benefits. Below are 7 possible benefits of a hot soak:

1. Stress relief
2. Muscle relaxation
3. Improved sleep
4. Pain relief
5. Better cardiovascular health
6. Improved insulin sensitivity
7. Calorie burn

Source: <https://www.healthline.com/health/hot-tub-benefits#health-benefits>

5. Vitamins

You likely don't need supplements if you're a healthy adult who eats a variety of foods, including fruits, vegetables, whole grains, legumes, low-fat dairy products, lean meats and fish. But supplements — or fortified foods — may be appropriate if you:

- Are pregnant or are trying to get pregnant
 - Are age 50 or older
 - Have a poor appetite or have trouble getting nutritious foods
 - Follow a diet that excludes entire food groups
 - Have a medical condition that affects how your body digests nutrients, such as chronic diarrhea, food allergies, food intolerance, or a disease of the liver, gallbladder, intestines or pancreas
 - Have had surgery on your digestive tract that affects how your body digests nutrients
- If you're wondering whether you need a vitamin and mineral supplement, talk to your doctor or dietitian. Be sure to ask about dosage, side effects and possible interactions with any medications you take.



Source: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/basics/nutrition-basics/hlv-20049477>