

## BINGO Calls – Wednesday, May 11, 2022

The following bingo words were randomly selected by Sandie Wagner (Human Resources) for Wednesday, May 11. 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](http://www.knowledscentre.org/wcm-docs/docs/2022_mental_health_may/bingo_rules_2022.pdf).

### 1. Spirituality

Spirituality, including prayer and religion, can have many positive effects on health and wellness, and a growing body of research supports this claim. The benefits of spirituality on health and wellbeing include:

- Restoring a lost sense of purpose and finding meaning
- Preventing isolation and the risk for depression
- Providing hope to help relieve depression
- Managing the stress that comes with caregiving
- Improving the function of your immune system
- Enhancing your ability to think clearly and positively

Source: <https://www.everydayhealth.com/pictures/ways-spirituality-can-make-you-healthier/>

Learn more about the human brain and spirituality at: <https://www.youtube.com/watch?v=nCeOBu6g8Kg>

### 2. No Devices



Put the phone away! Three reasons why looking at it before bed is a bad habit:

1. It keeps your mind psychologically engaged
2. The blue light from the screen suppresses melatonin
3. The alerting properties delay REM sleep

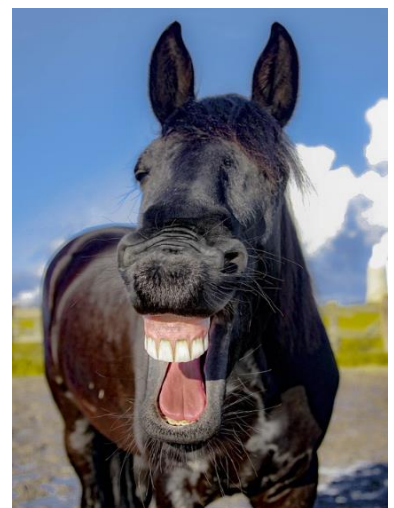
Source: <https://health.clevelandclinic.org/put-the-phone-away-3-reasons-why-looking-at-it-beforebed-is-a-bad-habit/>

### 3. Laugh

Go ahead and give it a try. Turn the corners of your mouth up into a smile and then give a laugh, even if it feels a little forced. Once you've had your chuckle, take stock of how you're feeling. Are your muscles a little less tense? Do you feel more relaxed or buoyant? That's the natural wonder of laughing at work.

Try this one: <https://www.youtube.com/watch?v=xaPepCVepCg>

**Keep going for more of today's Bingo words!**



## 4. Yoga



Yoga is much more than a physical workout but a practice that combines the mind and body. The word Yoga means “to yoke” so we combine movement with breath. There are a variety of styles of yoga and everybody and everybody can do yoga. With a combination of movement, meditation and breathing techniques it is a great practice to promote mental and physical wellbeing.

Knowles Centre is fortunate to have Pam Jansen as part of our team. Pam is a certified yoga instructor and made a yoga video specially for Knowles Centre staff. [Click here to try some chair yoga with Pam](#) or join a free “Yoga Snack” 20-minute session in the Knowles Centre Cultural area:

- Friday, May 13 - 12:10-12:30 pm
- Wednesday, May 18 - 12:00-12:20 pm & 12:30-12:50 pm
- Tuesday, May 24 - 12:30-12:50 pm & 4:30-4:50 pm
- Thursday, May 26 - 10:00-10:20 am & 12:30-12:50 pm

## 5. Reading

What exactly do human beings get from reading books? Is it just a matter of pleasure, or are there benefits beyond enjoyment? The scientific answer is a resounding “yes.” Reading books benefits both your physical and mental health, and those benefits can last a lifetime. They begin in early childhood and continue through the senior years.

Source: [https://www.healthline.com/health/benefits-of-reading-books#\\_noHeaderPrefixedContent](https://www.healthline.com/health/benefits-of-reading-books#_noHeaderPrefixedContent)

