

BINGO Calls – Friday, May 13, 2022

The following bingo words were randomly selected by Darlene Blumm (Receptionist, TFC/SAIL) for Friday, May 13. Mark your card if you have these words. See the game rules at www.knowlescentre.org/wcm-docs/docs/2022_mental_health_may/bingo_rules_2022.pdf.

1. Smudging



Smudging is a ceremony. These are a few reasons why one would smudge: preparing oneself for the day, a task, a ceremony, remove negative energy, decrease stress and improve sleep. Prairie sage or white sage is generally used to smudge, though other medicines can be used as well. White sage is more pungent while Prairie sage has a “softer” aroma. Both have antimicrobial and antibacterial properties.

Contributed by Knowles Centre Cultural Coordinator Lori Hart.

2. Caffeine

Coffee is a highly popular beverage around the globe that boasts a number of impressive health benefits. Not only can your daily cup of joe help you feel more energized, burn fat and improve physical performance, it may also lower your risk of several conditions, such as type 2 diabetes, cancer and Alzheimer’s and Parkinson’s disease. In fact, coffee may even boost longevity. If you enjoy its taste and tolerate its caffeine content, don’t hesitate to pour yourself a cup throughout the day.

Source: <https://www.healthline.com/nutrition/top-13-evidence-based-health-benefits-of-coffee>

Learn how to drink caffeine in space: <https://www.youtube.com/watch?v=UvUd4D3pIU>



3. Stress reduction

Stress is a natural physical and mental reaction to life experiences. Everyone expresses stress from time to time. For immediate, short-term situations, stress can be beneficial to your health. It can help you cope with potentially serious situations. Your body responds to stress by releasing hormones that increase your heart and breathing rates and ready your muscles to respond. Yet if your stress response doesn’t stop firing, and these stress levels stay elevated far longer than is necessary for survival, it can take a toll on your health. Chronic stress can cause a variety of symptoms and affect your overall well-being. Source: <https://www.healthline.com/health/stress/effects-on-body>

Watch “7 simple ways to reduce your STRESS right now”: <https://www.youtube.com/watch?v=lDecu0ME1Zo>

Keep going for more of today’s Bingo words!

4. Exercise

You already know that exercise is good for your body. But did you know it can also boost your mood, improve your sleep, and help you deal with depression, anxiety, stress, and more?

Source: <https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-ofexercise.htm>



5. Broccoli



Broccoli is a good source of fibre and protein, and contains iron, potassium, calcium, selenium and magnesium as well as the vitamins A, C, E, K and a good array of B vitamins including folic acid. Broccoli is a bona fide dinnertime hero.

Check out these recipes:

<https://www.bonappetit.com/recipes/slideshow/broccoli-recipes>

**See list of winners and available prizes
to be won on the next page**



BINGO Winners

One line in any direction

(3 x \$20 Amazon gift cards available to be won)

1. Kim Sawchuk (SAIL)
- 2.
- 3.

Four corners

(3 x \$20 Amazon gift cards available to be won)

- 1.
- 2.
- 3.

Small house

(2 x \$40 Amazon gift cards available to be won)

- 1.
- 2.

Lucky 7

(2 x \$50 Amazon gift cards available to be won)

- 1.
- 2.

Diagonal cross

(2 x \$50 Amazon gift cards available to be won)

- 1.
- 2.

Full house

(1 x \$100 Amazon gift card available to be won)

- 1.