

BINGO Calls – Tuesday, May 17, 2022

The following bingo words were randomly selected by Andrea Moore-Melville (Clinical Services) for Tuesday, May 17. Mark your card if you have these words. See the game rules at http://www.knowlescentre.org/wcm-docs/docs/2022_mental_health_may/bingo_rules_2022.pdf.

Please see list of winners and remaining prizes to be won at bottom of this page.

1. Alone Time

Solitude often gets a bad rap. Experts extol the virtues of social connectivity; it's linked to better immunity, improved stress resilience, and even longer life. Being alone, on the other hand, is all too often equated with loneliness. Research suggests that social isolation and loneliness increase the risk of heart disease, obesity, anxiety, depression, Alzheimer's disease, high blood pressure, and even early death. But research is also increasingly showing that there are real benefits to finding things to do by yourself. Doing things by yourself allows you to enjoy activities you love at your own pace and in your own way. Through solitary pursuits, you learn more about yourself and reflect on your experiences.

For more in, check out: <https://www.verywellmind.com/the-benefits-of-being-by-yourself-4769939>

2. Moderation

If you chose to drink alcohol, keep it in moderation. Here's what the Canadian Centre on Substance Use and Addiction has to say about moderation: (Ctrl + Click to read.)



3. Gratitude

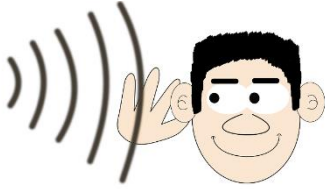
7 SCIENTIFICALLY PROVEN BENEFITS OF Gratitude

That Will Motivate You to GIVE THANKS Year-Round

- #1. Benefit of Gratitude**
Gratitude opens the door to more relationships
- #2. Benefit of Gratitude**
Gratitude improves physical health
- #3. Benefit of Gratitude**
Gratitude improves psychological health.
- #4. Benefit of Gratitude**
Gratitude enhances empathy and reduces aggression.
- #5. Benefit of Gratitude**
Grateful people sleep better
- #6. Benefit of Gratitude**
Gratitude improves self-esteem.
- #7. Benefit of Gratitude**
Gratitude increases mental strength.

Keep going for more of today's Bingo words!

4. Hearing Test



Every now and then, your doctor may ask you to get a hearing test. Don't assume that something is wrong. Hearing tests are how doctors use to make sure that your ears work well. With age, hearing loss becomes more likely. About 14% of people ages 45 to 64 have some degree of hearing loss, but that rises to more than 30% among people who are 65 or older.

This is why your doctor will want to test your hearing every few years, rather than just once as an adult. Experts recommend that adults get their hearing tested every 10 years until age 50, and then every 3 years after that.

5. Journaling

Journaling generally involves the practice of keeping a diary or journal that explores thoughts and feelings surrounding the events of your life. One of the most effective ways to reduce stress with journaling is to write in detail about feelings and thoughts related to stressful events, as one would discuss topics in therapy, and brainstorm solutions, but there are several different ways to practice journaling. The journaling method you choose can depend on your needs at the time, and your personality; just do what feels right.



Source: <https://www.verywellmind.com/the-benefits-of-journaling-for-stress-management-3144611>

**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. Sheri Boyce (GCTP)
3. Sandie Wagner (Admin)

Four corners

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

1. Grant Obirek (Admin)
- 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.