

STAFF APPRECIATION

B I N G



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Participate in Move with the Pack (May 22)	Have a five-minute dance party to energize your day	Contribute to Lobo Food Pantry (time or food) Donation bins at select SA week events	Post to the Staff Council Facebook page using #WeAreUNMStaff	Attend Wake up Wednesday (May 24)
Journal 3 good things for the day every day this week	Attend Tour Tuesday (May 23)	Email us and suggest a Wellness program you'd like to see	Attend Music and Melting (May 22)	Compliment a co-worker on a job well done
Find and email your grade or precinct counselor	Watch a financial wellness webinar (or read an article)		Register for a QPR Suicide Prevention Training class	Move during the workday! Follow along with a desk stretch video
Meditate using one of our pre-recorded guided meditations	Attend Therapy Thursday (May 25)	Walk with a co-worker along a Lobo Trail	Attend Fun Friday: Cheers with Peers (May 26)	Sign up for the HSC BeWell email newsletter
Schedule a free consultation with Employee Wellness	Log into TAO and browse stress management tools	Browse the Benefits & Employee Wellness website	Be grateful, say "thank you" to three co-workers	Sign up for the LoboWell listserv

Your Name: _____ Email: _____

STAFF APPRECIATION BINGO

UNM Staff Council and Benefits & Employee Wellness have teamed up to add more fun to Staff Appreciation Week with this bingo game! All completed entries will be entered into a drawing for exciting prizes!

INSTRUCTIONS

- Complete activities on the bingo card during Staff Appreciation Week (May 22-26, 2023). Cross off activities you have completed.
- Find activity details at <https://staffcouncil.unm.edu/staff-appreciation-week.html> or use the links in the bingo grid.
- The center box is a “Free” space.
- Once you make a bingo (completed row, column, or diagonal), submit your card to be entered into a prize drawing.
- You can enter your card at the Staff Council table at any event or by scanning and e-mailing it to Benefits & Employee Wellness at wellness@unm.edu.
- Since integrity is one of the University’s guiding principles, you do not need to have Staff Council or Benefits & Employee Wellness verify your completed activities.
- Entries must be received by **May 26, 2023 at 6 pm**.

PRIZES

- Submitted bingo cards will earn 5 entries in the prize drawing.
- Visit the [Staff Appreciate Week activities page](#) for prize details.

QUESTIONS?

- Contact Benefits & Employee Wellness at wellness@unm.edu.
- Contact Staff Council at scouncil@unm.edu or 505-277-1532 or Staff Appreciation coordinators: Grace Faustino (gfaustin@unm.edu) & Yadéeh Sawyer (yadeeh@unm.edu).

