




**Play "Start the Conversation" BINGO!**

Complete a row by June 30 and receive a special package from the Wellness in Tough Times Team!

**B I N G O**

Check in on a neighbor	Catch up with someone you care about	Do something that you enjoy	Share a funny story	Write 2 things that make you happy
Call a family member	Remind someone of a nice memory you have together	Give a compliment	Let someone know you are grateful for them	Talk to your best friend
Smile and wave at someone	Give yourself a compliment	 Take a breath & smile!	Perform a random act of kindness	Thank someone who always helps you out
Call or text someone you can't wait to see	Thank a loyal friend	Talk to someone who makes you laugh	Send words of encouragement	Ask someone to go on a walk with you
Reconnect with someone who inspires you	Reach out to an old friend	Recommend your favorite book or movie to someone	Send an interesting article to a friend	Call a family member you haven't seen in awhile

Find resources for rural stress and mental health at: [ruralwellness.unl.edu](http://ruralwellness.unl.edu)

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**Ring in springtime with friends, family and neighbors! Play "Start the Conversation" BINGO!**

Simply get a BINGO by doing any five activities in a row, record your participation by **June 30, 2021**, and wait for a special package from the University of Nebraska Extension Wellness in Tough Times Team!

 **Record your participation online or by phone to get your special package!** (Allow for 4-6 week delivery)



Visit [go.unl.edu/bingo](http://go.unl.edu/bingo) or

Leave a voicemail at **402-937-0407**  
(We'll return the call to verify your information)

**So get calling, texting and sharing - there's no day like today to get started!**

**More resources:**  
Find resources for rural stress and mental health at: [ruralwellness.unl.edu](http://ruralwellness.unl.edu)

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