

2026 Mental Health Month Challenge

Full Name: _____

Division: _____

B	I	N	G	O
<p>Make a list of your goals for 2027.</p>	<p>Get moving over lunch. Take a walk. Stretch. Take a fitness class. Anything goes!</p> <p>Date/Activity: _____</p>	<p>Have lunch with a team member from another department.</p> <p>Date: _____ Name: _____ DEPT: _____</p>	<p>Drink at least 9 cups of water a day for 1 week.</p> 	<p>Join 1 of the monthly EAP Webinars.</p> 
<p>Walk for 30 minutes or more for at least 3 days.</p> <p>Dates: _____</p>	<p>Skip fried food for 3 days in a row.</p> <p>Dates: _____</p>	<p>Submit a photo of something you love about OSI to CompanyCommunications@olysteel.com.</p>	<p>Support a local Corporate Citizenship initiative.</p> <p>Date: _____ Organization Supported: _____</p>	<p>Spend at least 30 minutes in nature.</p> <p>Date: _____</p>
<p>Make a list of your top 3 strengths.</p>	<p>Get at least 8 hours of sleep for at least 3 nights in 1 week.</p>		<p>Journal for at least 5 minutes a day for 1 week.</p>	<p>Try a relaxing breathing exercise each day for a week. <i>Inhale. Hold. Exhale. 4 seconds each. Repeat 4 times.</i></p>
<p>Attend a community event (BBQ, sporting event, festival, etc).</p>	<p>Experiment with a new recipe.</p>	<p>Read for at least 20 minutes a day for a week.</p>	<p>Take a “digital detox”. Break from social media for at least 2 days.</p>	<p>Make a list of 5 things you are grateful for.</p>
<p>Create a playlist with your favorite songs and listen to them on repeat.</p>	<p>Schedule or attend your annual wellness exam.</p> <p>Date: _____</p>	<p>Complete a puzzle or watch your favorite movie.</p>	<p>Watch the sunrise or the sunset 3 days in a week.</p>	<p>Try something new that you’ve always wanted to do.</p>

Submission Deadline: May 29, 2026

Send completed BINGO sheets to Wellness@olysteel.com.

Submit your BINGO card (a full line of completed tasks - up and down, left to right or diagonally through the center) by May 29 to be entered to win one of 15 acupressure mats. Winners will be selected randomly, so turn your sheet in any time before 5/29. Read more on IamOlympicSteel.com.