



# BEAT THE BLUES!

## WELLNESS RESOURCE BINGO

As part of our effort to help you Beat the Blues this winter, we want to help you learn more about all of the support and resources we offer in the Counseling and Wellness Center, and all around Western!

To participate, try out each of the challenges listed on the next page during the month of February. For each challenge, you will see in italics what you need to write in the corresponding numbered box as “proof.” Record your responses as you go on your bingo card. When you’re finished, submit your answers via the [Microsoft Form linked here](#).

***All forms submitted by March 3 will be eligible for prizes!***

Earn one “I ♥ Feelings” sticker for each row (horizontal, vertical, diagonal, or four corners) you complete!

Complete the full board to win an “I ♥ Feelings” T-shirt, and be entered into a drawing for one of three \$15 Amazon gift cards!

Questions or concerns? E-mail Amy Dunham, Suicide Prevention Coordinator, at [dunhama@wwu.edu](mailto:dunhama@wwu.edu).

***Thanks for participating, and good luck!***

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## WELLNESS RESOURCE BINGO CARD LIST

*Use these challenges to fill in your wellness resource bingo card.*

1. Follow the Counseling, Health and Wellness Instagram [@bewellwwu](https://www.instagram.com/bewellwwu). Write in the box your favorite post!
2. Visit [pws.wwu.edu/medicalamnesty](https://pws.wwu.edu/medicalamnesty) and learn about bystander intervention to help someone in a substance use emergency. Write in the box one thing you learned.
3. Check out CampusWell ([www.campuswell.com](http://www.campuswell.com)), an online health magazine specially curated for WWU! Read at least one article. Don't forget to rate it to be entered into their weekly drawing for one of five \$50 Amazon gift cards! (FYI: Any article found under the WWU tab is written by a WWU staff or student!) Write in the box the title of the article and one thing you learned from it.
4. Attend (at least) one workshop or community check-in hosted by the Counseling and Wellness Center! Find options for workshops, including our banner Wellness Wednesday program, at [counseling.wwu.edu/workshops](https://counseling.wwu.edu/workshops), and options for Community Check-Ins at [counseling.wwu.edu/community-check-ins](https://counseling.wwu.edu/community-check-ins). Write in the box which one you attended and your favorite take-away.
5. Check out the Goose Chase scavenger hunt app at [as.wwu.edu/outdoor](https://as.wwu.edu/outdoor), created by the Outdoor Center. Write in the box what your favorite challenge was.
6. Head to [pws.wwu.edu/standup](https://pws.wwu.edu/standup) to learn some bystander intervention skills you can use to help prevent sexual violence. Write one thing you learned in the box.
7. Do you know that WWU has a place for you to report concerns about another student's well-being? Check out [wp.wwu.edu/officeofstudentlife/reporting-a-concern-or-complaint](https://wp.wwu.edu/officeofstudentlife/reporting-a-concern-or-complaint) to learn more. Write in the box one situation you think this could be helpful for.
8. Check out the collection of self-help resources at [counseling.wwu.edu](https://counseling.wwu.edu) (click on the Resources tab). From mental health downloads to self-help apps to virtual care packages, we have curated a number of resources to help students care for their mental health! Write in the box one resource you looked at and your favorite thing about it.
9. Attend one of our Ask the Sexperts events in February! Visit [pws.wwu.edu/sexperts](https://pws.wwu.edu/sexperts) to learn more. If you are unable to attend, go to [pws.wwu.edu/pleasurepackage](https://pws.wwu.edu/pleasurepackage) to learn how you can get free safer sex supplies delivered to you in the mail! Write in the box one thing you learned from a Sexperts event or our website.
10. Learn about various wellness topics at [pws.wwu.edu/emotionalwellness](https://pws.wwu.edu/emotionalwellness) and check out one of our wellness worksheets! From self-love to motivation, we've got information and tips to help you develop your skills! Write in the box which worksheet you looked at and your favorite take-away.
11. Did you know that WWU has a place for you to report a bias incident? Go to [www.wwu.edu/sebrt/report-bias-incident](https://www.wwu.edu/sebrt/report-bias-incident) to learn more. Write in the box one type of incident you could use this for.
12. Check out the Counseling and Wellness Center "Social Distance Warriors" podcast on [wwwsocialdistancewarriors.buzzsprout.com](https://wwwsocialdistancewarriors.buzzsprout.com) or your favorite podcast app! Listen to at least one episode. Write in the box one thing you learned.
13. Head to the Western Involvement Network ([win.wwu.edu](https://win.wwu.edu)) to learn more about events and student organizations on campus! Find an event you are willing to try, or a student org to contact to learn more! Write in the box which event you attended, or which student organization you reached out to.
14. Learn more about how you can help a friend or peer in crisis at [pws.wwu.edu/suicideprevention](https://pws.wwu.edu/suicideprevention). Write in the box one thing you learned.
15. Visit [www.campuswell.com/resources](https://www.campuswell.com/resources) to learn about support resources available to you as a WWU student! From LGBTQ+ Western to Off Campus Living to the Disability Access Center, we're here for you! Visit the website of one resource you think you could use. Write in the box one thing you learn.
16. We want to hear from you! What is one thing the Counseling and Wellness Center could do to help you feel supported? It could be providing a community check-in for a certain group, offering a workshop topic, or suggestions for how we provide services—any ideas welcome! Write your suggestion in the box.

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## WELLNESS RESOURCE BINGO CARD

Fill in this bingo card with responses to the challenges on the bingo card list.

<b>1.</b>	<b>2.</b>	<b>3.</b>	<b>4.</b>
<b>5.</b>	<b>6.</b>	<b>7.</b>	<b>8.</b>
<b>9.</b>	<b>10.</b>	<b>11.</b>	<b>12.</b>
<b>13.</b>	<b>14.</b>	<b>15.</b>	<b>16.</b>

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