

wellbeing BINGO

LBA BINGO Challenge | May 2026

 Take a 10-minute walk	 Drink 64 oz of water	 Schedule a break on your calendar	 Bring lunch instead of takeout	 Stand and stretch for FIVE minutes
 Write down 3 things you're grateful for	 No email for 30 minutes	 Check in with a colleague	 Review your monthly subscriptions	 Get 7+ hours of sleep
 Step outside for fresh air	 Practice deep breathing for 5 min	 LOUISVILLE BAR ASSOCIATION HEALTH & WELLNESS COMMITTEE	 Update your budget or expenses	 Listen to a non-legal podcast
 Compliment a colleague	 Take a full lunch break	 Move your body for 20 minutes	 Set a boundary	 Organize your workspace
 Unplug after work for one hour	 Plan a future day off	 Do something creative	 Check your retirement contributions	 Laugh - watch or read something funny



How to participate:

- Complete a row, column or a diagonal during the month of May
- Snap a photo or screenshot of each item
- Send all five items in an email to Lisa Murray at lmurray@loubar.org