


Beat the Winter Blues

BINGO

Drink a mocktail when out to dinner	Take a walk with a friend at a Teton County Park	Listen to a podcast on CredibleMind	Drink water! For an adult, 44 oz per day is the average	Attend a free community event
Call a friend, family member, or neighbor to catch up	Attend a free community event	Check out a book from the Teton County Library	Stretch your brain! Learn something new	Take a self-assessment on CredibleMind
Eat a healthy, well balanced meal	Read a featured article on CredibleMind		Attend a free community event	Take a walk at one of the Teton County pathways
Get at least 8 hours of sleep. Put away electronics 1 hour before bed	Check out a museum or cultural pass from the Teton County Library	Attend a free community event	Create a profile on CredibleMind	Experience art! Make your own, listen to music, or free find community art
Attend a free community event	Ask a friend, family member or colleague for help or advice--big or small	Do a "mindfulness practice" on CredibleMind	Go for a walk or sit outside to get 15 minutes of sunlight each day	Digital Detox! Avoid social media for a full day or longer

Complete by **December 12th** for free raffle prizes!

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Seasonal Affective Disorder is a set of depressive symptoms such as low energy, sadness, changes in appetite, etc. Seasonal Affective Disorder is when these depressive symptoms are tied to seasonal changes such as during the darker, colder months of the year. Research shows healthy lifestyle habits, movement, and social connection can help alleviate symptoms. Take a BINGO card to participate and “beat the blues”.

Directions: Your goal is to cover 5 squares in any vertical, horizontal or diagonal row to make “BINGO”. Once you complete an activity in a square, cross that square off. Return completed cards to any of the participating entities below with your name and phone/email below.

- Teton County Health Department, 460 E Pearl Ave
- Senior Center of Jackson Hole, 830 E Hansen Ave
- Teton County Library, 125 Virginian Ln
- Mental Wellness Collaborative, 690 US-89 #201
- Teton County Parks and Recreation Center, 220 N King St
- Mental Health and Recovery Services of Jackson Hole, 640 E Broadway

Fill out with your contact information to be entered in a drawing for prizes. **Completed bingo boards can be turned in starting the week of November 10th through December 12th. Prize winners will be called after December 12th.** Prizes include light therapy lamps, gift cards, Astoria hot springs tickets, and more! Complete your winter blues bingo card for a chance to win.

NAME: _____

EMAIL OR PHONE: _____



CredibleMind

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INFO AND
IDEAS:

