



#AILAWELLBEINGWEEK

WELL-BEING WEEK 2026 Bingo Challenge

Set a boundary with work	Stretch for five minutes	Meet someone for ice cream or coffee	Go outside first thing in the morning	Try Something New
Take a real lunch break	Start one new healthy habit	One day news blackout	Spend 5 minutes journaling	Read something in a new genre
Check in on a colleague	Write 3 things you're grateful for and why	Free Space	Snack on some fruit or veggies	Attend or read an AILA well-being week event or resource
Thank someone for something specific	Go outside and notice 5 things that are beautiful	Dance	Eat lunch with someone new	Take this week off one social media app
Take 3 deep breaths before sending an email	Switch off all tech at least an hour before bedtime	Celebrate a "win" with staff or colleagues	Do a short meditation	See a sunrise or sunset



By COB Friday May 8th email a picture or screenshot of your bingo card to ppc@aila.org for a chance to win a prize!