



BRAIN Power Challenge

Just like other parts of our body, our brains can get sick too. When we have a medical illness, we don't view this as a character flaw or personal weakness, nor should we for brain health issues. Over 50 million Americans have diagnosable brain health disorders each year. The **BRAIN Power Challenge** (commonly known as BINGO) is a 4-week challenge meant to support brain health and the importance self-care is for everyone!

How it works:

- There are four different cards to play with:
Physically, Emotionally/Spiritually, Financially, and Mentally/Intellectually
- It's easy for kids to participate! The middle column (A) features kid-friendly activities.
- Track your healthy activities on the card by crossing out squares for each activity completed. A "BRAIN" must have five crossed out boxes in a row - horizontally, vertically, or diagonally.
- When you have reached BRAIN, take a **selfie** with your completed BRAIN card and tag #HealthyKnoxville and Knoxville Hospital & Clinics in a Facebook post or email your photo to info@knoxvillehospital.org.
- You can complete up to four BRAIN cards throughout the month. The more cards you submit, the more chances you have at winning a self-care package with items from local businesses.
- Three winners – two adults and one child – will be drawn on June 4.



Emotionally/Spiritually

B R A I N

Organize your junk drawer.	Sit on your front porch/deck and watch the sunrise/sunset.	Journal each day for one week.	Take a bath, sit in the hot tub, or go swimming - water can be therapeutic.	Volunteer at a community organization.
Call your mom for Mother's Day.	Download a meditation or relaxation/ breathing app.	Watch your favorite movie.	Call a friend.	Identify your emotions and how you are feeling.
Send a nice handwritten note to someone.	Replace complaining with gratefulness for one week.	FREE SPACE	Have lunch with a friend or someone you haven't seen in awhile.	Perform a random act of kindness three times in a week.
Read a self-help book.	Write down five good things that happened each day for one week.	Ask someone each day for a week what the best part of their day has been.	Tell a coworker what they do well and thank them.	Practice healthy pre-sleep rituals - no TV before bed three times in a week.
Clean out/organize your garage.	Hold the door for someone.	Leave a thank you note for your mail carrier.	Practice 10 minutes of meditation three times in one week.	Sign up for a local community walk/race event for this summer/fall.