



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.

Mentally/Intellectually

B R A I N

Put fresh flowers on your desk or a coworker's desk.	Spend 15 minutes decluttering your desk or a space at home.	Have a family game night.	Decorate and deliver May Day baskets.	Think of five things you are grateful for every day for one week.
Send a card congratulating a high school or college graduate.	Put flowers on a loved one/friend's grave for Memorial Day.	Travel virtually! Choose a different city each day for a week and spend time learning about it.	Have a screen-free night three times in a week.	Do an activity you haven't done in awhile.
Do something special for yourself - get a massage.	Eat outdoors or have a picnic at least two times in a week.	FREE SPACE	Focus on what you can control.	Spend 10 minutes of quiet time each day for one week.
Take 5-10 minute brain breaks throughout the day for one week.	Spend 20 minutes reading three times in one week.	Plant flowers or help someone plant flowers.	Talk to someone about how you are feeling.	Plan a family meal and enjoy being together.
Get 7-8 hours of sleep each night for one week.	Call someone you haven't talked to in awhile.	Read a funny joke and share it with a friend two times in a week.	Purchase coffee/lunch for the person behind you in line.	Reminisce with a friend about a fun adventure in your past.

Sponsored by:



Knoxville Wellness Coalition

