

Dive in!

**An Immersive January
Challenge from Health
Yourself**



This January treat yourself to an array of immersive positive experiences to stave off the mid-winter drearies. Try out some new activities and revisit some old favorites to elevate your mood, find flow, and get unstuck.

Use the following bingo card to check off as many activities as you can

- Get 5 in a row to earn 5 points
- Get 2 separate runs of 5 for 10 points
- Get 3 or more separate strings of 5 for 15 points

Watch for an upload link and return your completed bingo card at the end of the month to qualify for points and prizes.

When:

January 6-
February 2

Watch:

For more details
in weekly emails
on...

A poetry series

Cooking classes

Concert tickets

Savoring sessions

Craft skill share

Get started:

By filling out the
following
questionnaire



Dive in!

Your immersive questionnaire guide

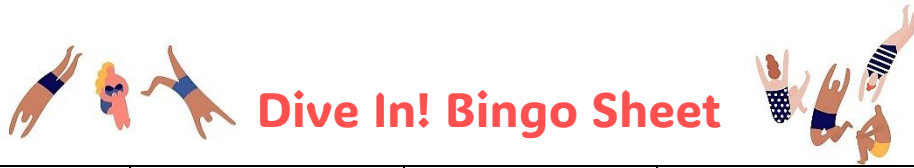
- **In which activities do find yourself in 'the zone,' losing track of time or forgetting to eat or use the bathroom?**

- **What did you love to do as a child?**

- **Which activities fill you with joy and pride?**

- **If you had a bonus day off with no obligations, how would you spend it?**

- **What are some immersive types of activities that you've been curious to try?**



<p>Read a book in a genre you don't usually explore</p> <p>Book: _____</p> <p>Date: _____</p>	<p>Plan out the details of your next vacation</p> <p>Where? _____</p> <p>Date: _____</p>	<p>Create- art, craft, or build- using your hands</p> <p>What? _____</p> <p>Date: _____</p>	<p>Tap into your sense of sight and go on a photo treasure hunt</p> <p>Where? _____</p> <p>Date: _____</p>	<p>Practice being a beginner and learn a new skill</p> <p>New skill: _____</p> <p>Date: _____</p>
<p>Immerse yourself entirely in a musical experience</p> <p>What: _____</p> <p>Date: _____</p>	<p>Learn or practice another language</p> <p>What language? _____</p> <p>Date: _____</p>	<p>Get lost in 'the zone' of a physical activity</p> <p>What? _____</p> <p>Date: _____</p>	<p>Run your own taste test- watch emails for more details</p> <p>Date: _____</p>	<p>Try a guided meditation that uses imagery of different environments</p> <p>Date: _____</p>
<p>Visit all 3 of the JPL locations and ask staff for the Health Yourself gift</p> <p>Dates: _____</p>	<p>Take a virtual tour of another city or museum</p> <p>Where? _____</p> <p>Date: _____</p>	<p>Your own immersive experience</p> <p>What: _____</p> <p>Date: _____</p>	<p>Practice active listening with a friend and stay focused on what they are sharing.</p> <p>Friend: _____</p> <p>Date: _____</p>	<p>Go out of your way to interact with water today.</p> <p>What: _____</p> <p>Date: _____</p>
<p>Try writing a creative piece or poetry</p> <p>What'd you write? _____</p> <p>Date: _____</p>	<p>Imagine a dream vacation and all its details with a friend</p> <p>Where? _____</p> <p>Date: _____</p>	<p>Get your hands dirty playing with plants</p> <p>Date: _____</p>	<p>Do a hands- on food project</p> <p>What was it? _____</p> <p>Date: _____</p>	<p>Get wrapped up in a game night or challenging puzzle!</p> <p>Date: _____</p>
<p>Explore a new resource from the library</p> <p>What: _____</p> <p>Date: _____</p>	<p>Revisit photos or memories from a past trip and savor as many details as you can</p> <p>Trip: _____</p> <p>Date: _____</p>	<p>Get absorbed making music, singing, or dancing</p> <p>What? _____</p> <p>Date: _____</p>	<p>Immerse yourself in nature. Notice what you feel and what you can hear.</p> <p>Where? _____</p> <p>Date: _____</p>	<p>Spend time with a loved one without distractions of technology</p> <p>Who? _____</p> <p>Date: _____</p>

Name : _____ How many runs of 5 did you get? _____

Department: _____ Total activities completed _____