


# You Are More Than

**BINGO**





Wear a fancy outfit for no reason

Compliment 3 strangers (in person or online)



Cook or bake something you've never tried before

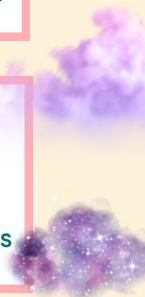


Rearrange one corner of a room to feel fresh

Make a comfort drink and sip it slowly




Try cloud watching or star gazing for 10 minutes



Get outside for some fresh air

Go for a coffee with a friend



Lie flat on the floor and listen to a podcast



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