

EXPLANATION
CARDS

ABC OF
MENTAL
HEALTH

Disclaimer

The conversation cards can increase awareness of your own and others' mental health.

The cards focus on promoting community and mental well-being, and are not intended to prevent distress or treat mental health issues.

If you feel like talking to someone or need help because of experiencing distress, contact your doctor or your national helpline.



ABC

About ABC messages

Promoting mental health can be as simple as ABC:



ABC

How to Use These Cards

Welcome to the world of ABC,
where flexibility is key and fun is
guaranteed!

As the facilitator, you're the game
master! Choose the perfect game
based on your session's vibe and
goals.

The following cards are packed
with awesome suggestions to get
you started. Feel free to mix, match,
and adapt them to create the
ultimate experience.

ABC

Game 1: Pick & Play

Ready to dive in?

Each player can choose their adventure by picking a Conversation or Action card. No worries if you pick an Action card and can't do it right away! Just commit to completing it in the next few days.

Let the fun begin!

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Game 2: Conversation Relay

Get ready to spark some lively discussions!

Use the “Conversation cards only” to ignite conversations in pairs or groups of three. After a set time, pass the cards to the next group and switch topics.

Keep the conversation flowing, and enjoy the relay!



Game 3: Action Reflection

Feeling stuck on how to boost your mental health?

No problem! Grab an ACTION card at random and take a moment to reflect on what it means to you and what you expect from it. Then, choose one action to commit to for the week.

Let's make positive changes together!

ABC

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Instructions

Draw a card and read it aloud to your fellow players. Take turns answering the question and sharing your reflections and experiences. Then it's the next person's turn to continue where you left off, drawing a new card from the deck.

Note: If alone, use the card as a journaling prompt ;)

**What communities
are meaningful to
you?**



#Belong

**What is the best
thing that has
happened to you in
the past week?**

**What do you
appreciate in a
friendship – and
why?**

**Which
communities
would you like to
be a part of?**

**What leisure
activities/hobbies
do you have the
best memories of?**

**What do you value
most in your daily
life?**

**When do you
experience a sense
of meaning?**

**When was the
last time you did
something nice for
yourself?**

**If you were to take
up a new hobby,
what would it be?**

**When was the
last time you did
something nice for
others? And what
did you do?**

**What are you
passionate about?**

**What daily
activities make you
happiest?**

**What gives you
energy?**

**What is a good day
for you?**

**What kind of
movement would
feel best for your
body?**

(E.g., dancing, skipping,
walking, playing, running in
the park, etc.)

**What did you enjoy
doing as a child?**

**If you could choose
a magical power,
what would it be
and why?**

**Do you have a
well-being tip?
Something that
cheers you up
when you feel low?**

**How would you
describe your
relationship with
nature?**

**How do you relax
best?**

**When do you feel
most engaged?**

**Do you have
experience with
participating
in associations
or community
organisations?**

(If so, which ones have you
been involved in?)

**In what contexts
do you experience
a sense of joy?**

**What would you
like to do this
weekend?**

**If you were to
do more of what
makes you happy,
what would it be?**

**What would you do
to have fun?**

**Have you ever
invited a friend to
join an association/
leisure activity?**

ACTIVITY CARDS

ABC OF MENTAL HEALTH



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Kindness Quest

Find 5 moments this week to be kind to someone!

Count all the small moments, such as holding a door open for someone, offering a seat on public transport, bringing someone a glass of water, smiling, and saying “it’s okay” if someone makes a mistake.

Earn a smile and a happy heart!



Creative Hour

Set aside time to draw, paint, or craft without judging the final product.



Gratitude Guru

Write down three things you're thankful for every night before bed. Foster positivity!



Share a meal

This week, take a moment each day to eat with someone. Think about whether someone in your circle might be feeling lonely, and invite them to share a meal with you.



Stretch & Shine

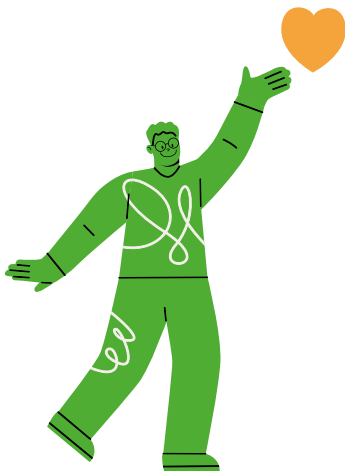
Start your day with 5 minutes to wake up like a superhero!

Just 5 minutes of gentle stretching will wake up your body and mind.



Friend Check-in

Send a message to someone you haven't spoken to in a while. Share stories and support each other!



Take a brain break

Do a quick 5-minute workout to get your blood pumping. Feel the energy boost!



Local Exploration

Visit a place in your community
you've never been to before.



Go take a walk be a Nature Explorer

Go on a 15-minute adventure walk and find three extraordinary things in nature. If possible, bring someone along. Being outside in daylight and moving helps against fatigue. Spending time with good people gives our body balancing signals.



Skill Share

Teach someone something you're good at, or learn from their expertise.

Unlock a new level of awesomeness!



Self-Compassion Pause

Take a moment to speak to yourself with the kindness you'd offer a friend. Make it a self-care ritual.



Digital Detox

Turn off notifications for 2 hours and focus on being present.

Think it's too easy? Set a day for a phone-free experience with family/friends.

Focus on real-life connections!



Music Break

Listen to a song that brings you joy, or try making music yourself.

Go crazy and dance or sing like no one's watching!

Too easy? Try walking and dancing in the street!



Break the routine

This week, try to take small 3-minute breaks after meetings, finishing an assignment, or sending an important e-mail.

An easy and playful way to do this is to send yourself and your teammates calendar invites for 3-minute breaks.



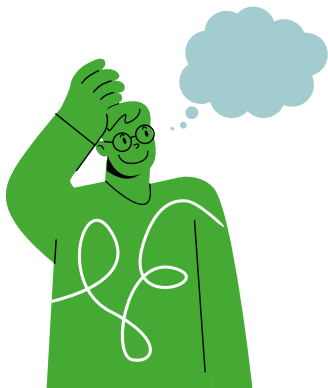
Declutter Space

Spend 10 minutes organising a small area to create a more peaceful environment. Find hidden treasures!



Weekly Reflection

Spend 10 minutes each week reflecting on your achievements and areas for improvement. Grow stronger!



Write a wellbeing recommendation letter

Suggest something to someone that would bring them joy. If possible, join them. Whether it's a book, a museum visit, a walk, a movie, or food – let's take “vitamins” of pleasant emotions together!



Join a club

Find a local club or online group that shares your interests so you can connect with others.



Cultural Experience

Visit a museum or cultural event
to broaden your horizons.



Sleep Schedule

Commit to a consistent sleep schedule to improve your overall well-being.

