



A

B

C

FOR
MENTAL
SUNDHED



A
B
C

FOR
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SUNDHED

Sådan spiller du

Find et vilkårligt kort og læs det højt for din(e) medspiller(e).

I skiftes til at besvare spørgsmålet og dele refleksioner og erfaringer.



A
B
C

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Hvordan
slapper du
bedst af?



A
B
C

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SUNDHED

Hvornår
føler du dig
engageret?



A
B
C

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Har du erfaring
med foreningsliv?

Hvis ja, hvad har du
været en del af?



A
B
C

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Hvad får
dig til
at grine?



A
B
C

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I hvilke
sammenhænge
oplever du
glæde?



A
B
C

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Hvad kan du lide
at bruge dine
weekender på?



A
B
C

FOR
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SUNDHED

Hvis du skal
gøre mere af det,
der gør dig glad,
hvad skal det
så være?



A
B
C

FOR
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Gør du noget
for at holde dig
mentalt aktivt?



A
B
C

FOR
MENTAL
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Hvornår har du
det sjovt?



A
B
C

FOR
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Nævn én ny ting,
som du gerne
vil lære.



A
B
C

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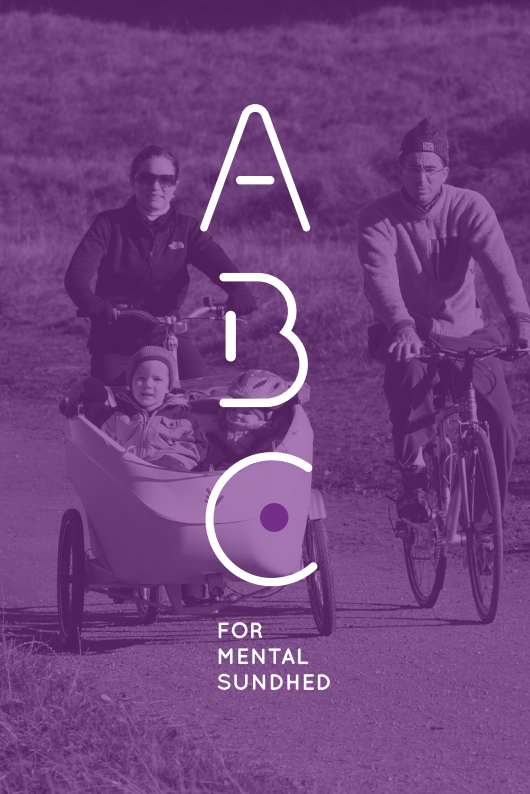
Hvornår har du
sidst lavet
noget kreativt?
Og hvad?



A
B
C

FOR
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Hvad er et frirum
for dig?

A woman wearing sunglasses and a dark jacket is pushing a baby stroller. Inside the stroller, a baby is visible. To the right, a man wearing a beanie and a light-colored jacket is riding a bicycle. The background is a dirt path with grass on the sides. The entire image has a purple tint.

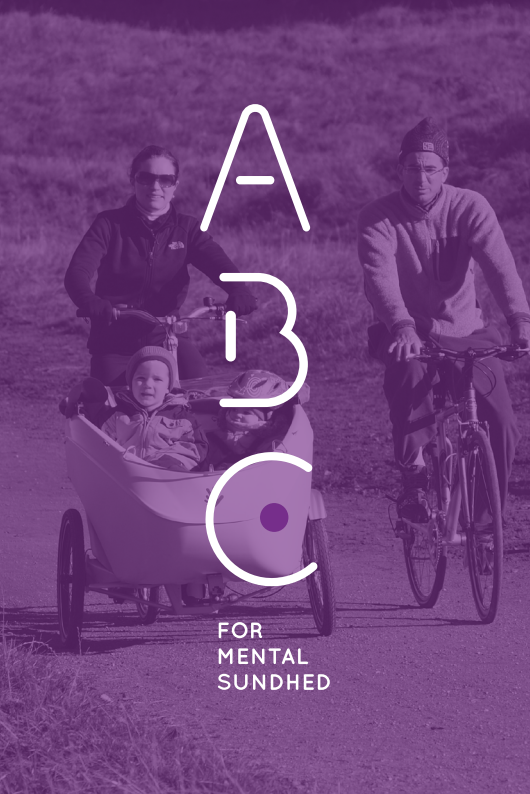
A

B

C

FOR
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SUNDHED

Hvornår
har du sidst
gjort noget
godt
for andre?

A woman wearing sunglasses and a dark jacket is pushing a baby stroller. Inside the stroller, a baby is visible. To the right, a man wearing a beanie and a light-colored jacket is riding a bicycle. The background is a dirt path with grass on the sides. The entire image has a purple tint.

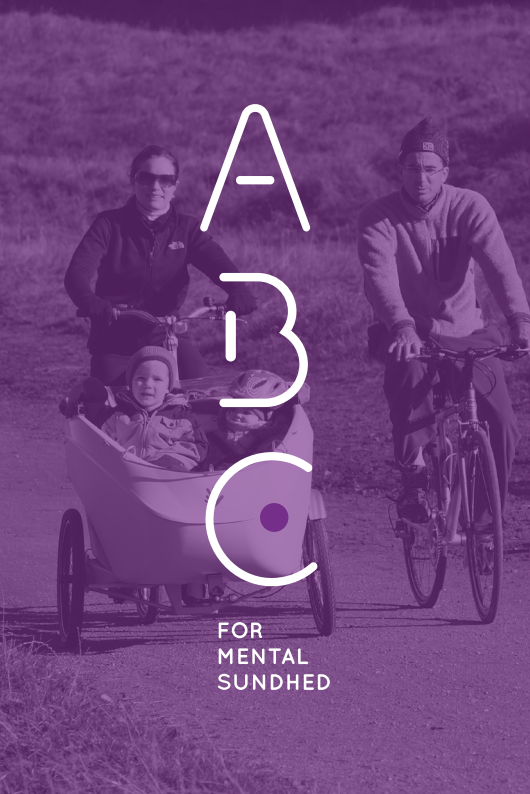
A

B

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FOR
MENTAL
SUNDHED

Hvilke aktiviteter
i hverdagen
gør dig glad?

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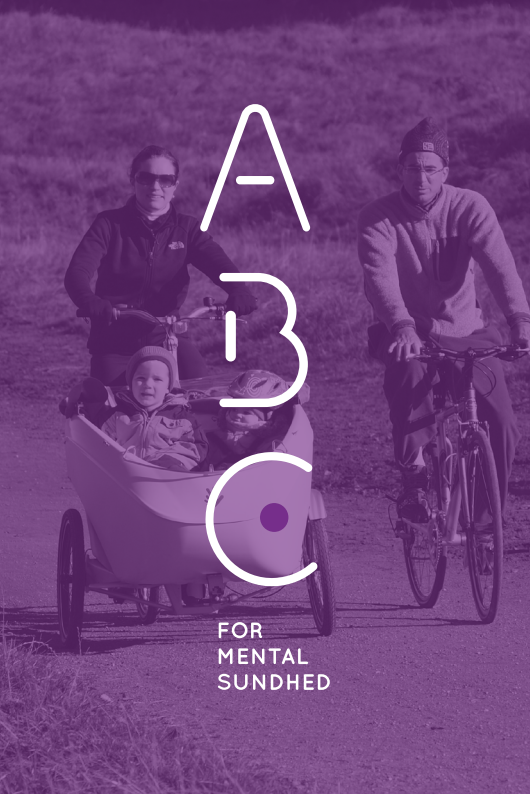
A

B

C

FOR
MENTAL
SUNDHED

Hvad
brænder
du for?

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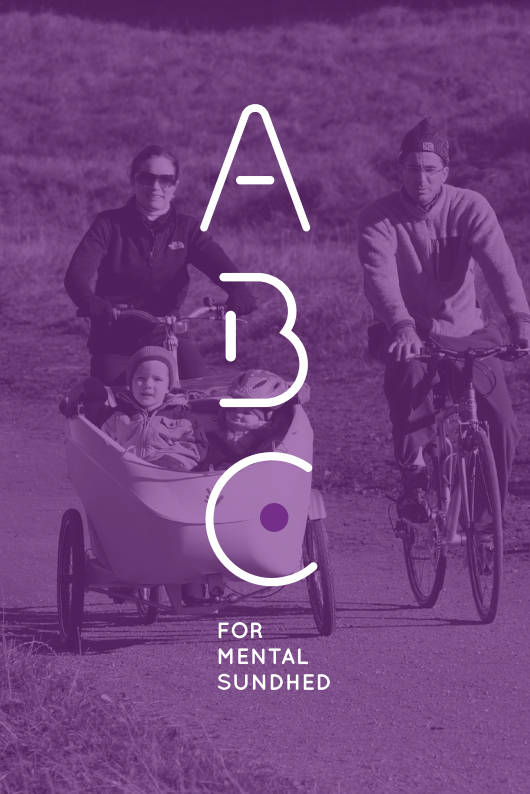
A

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C

FOR
MENTAL
SUNDHED

Hvordan bliver
en samtale
med en ven
meningsfuld
for dig?

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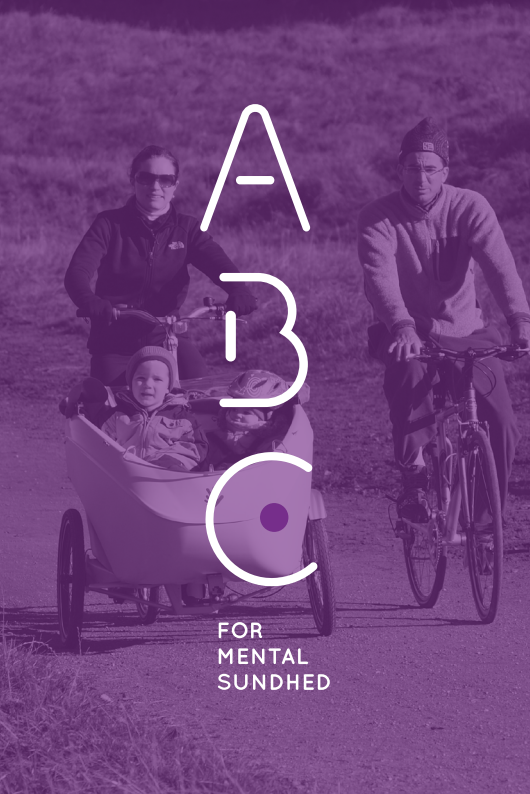
A

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FOR
MENTAL
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Hvad
giver dig
energi?

A woman wearing sunglasses and a dark jacket is pushing a baby stroller. Inside the stroller, a baby is visible. To the right, a man wearing a beanie and a light-colored jacket is riding a bicycle. The background is a dirt path with grass on the sides. The entire image has a purple tint.

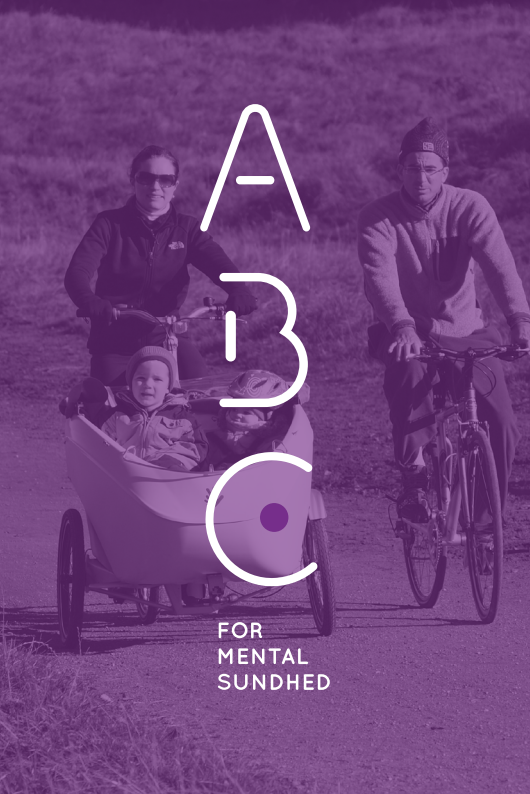
A

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FOR
MENTAL
SUNDHED

Hvad er
en god dag
for dig?

A woman wearing sunglasses and a dark jacket is pushing a baby stroller. Inside the stroller, a baby is visible. To the right, a man wearing a beanie and a light-colored jacket is riding a bicycle. The background is a dirt path with grass on the sides. The entire image has a purple tint.

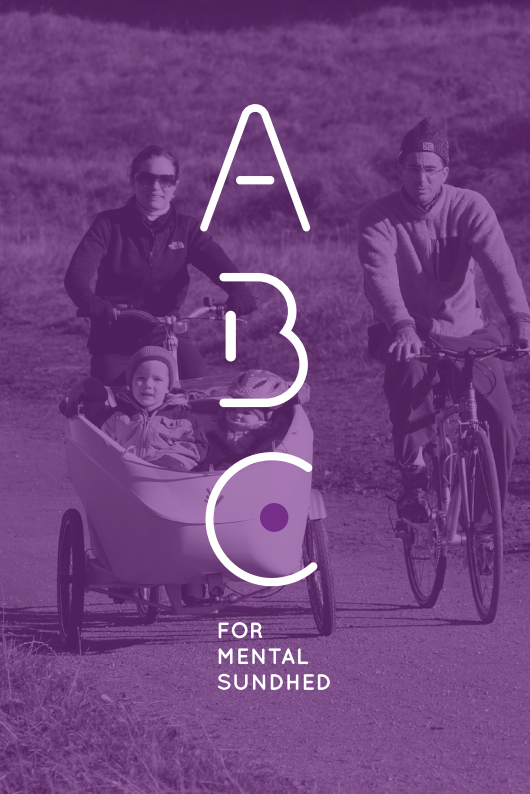
A

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FOR
MENTAL
SUNDHED

Hvis du skal
bevæge din krop,
hvad giver så
mening for dig?

A woman wearing sunglasses and a dark jacket is pushing a baby stroller. Inside the stroller, a baby is visible. To the right, a man wearing a beanie and a light-colored jacket is riding a bicycle. The background is a dirt path with grass on the sides. The entire image has a purple tint.

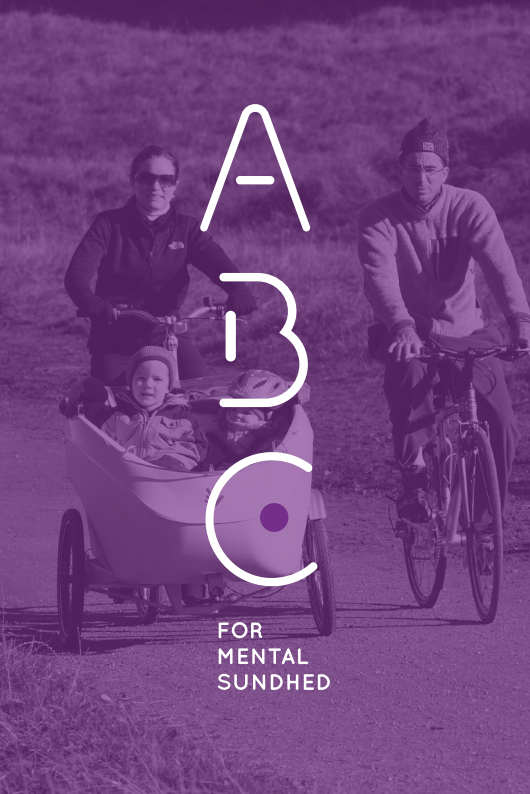
A

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C

FOR
MENTAL
SUNDHED

Er du
medlem af
en forening?

A woman wearing sunglasses and a dark jacket is pushing a baby stroller. Inside the stroller, a baby is visible. To the right, a man wearing a beanie and a light-colored jacket is riding a bicycle. They are on a dirt path with grassy areas in the background. The entire image has a purple tint.

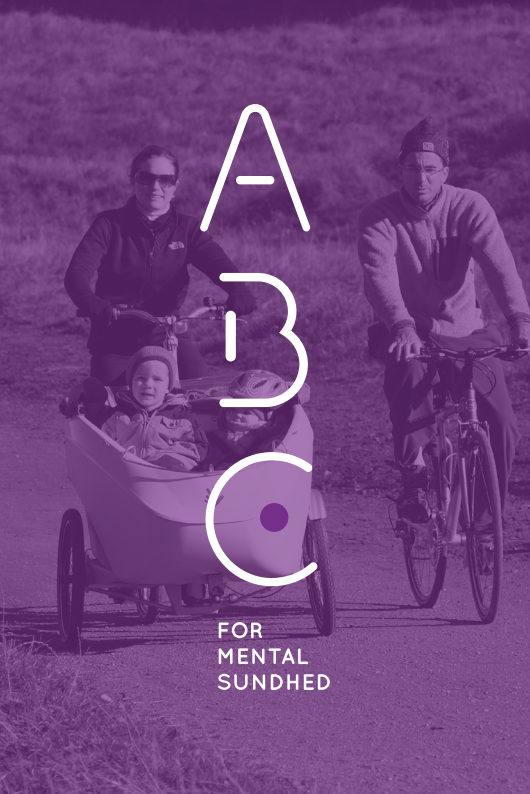
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FOR
MENTAL
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Hvad er dine
erfaringer
med frivilligt
arbejde?

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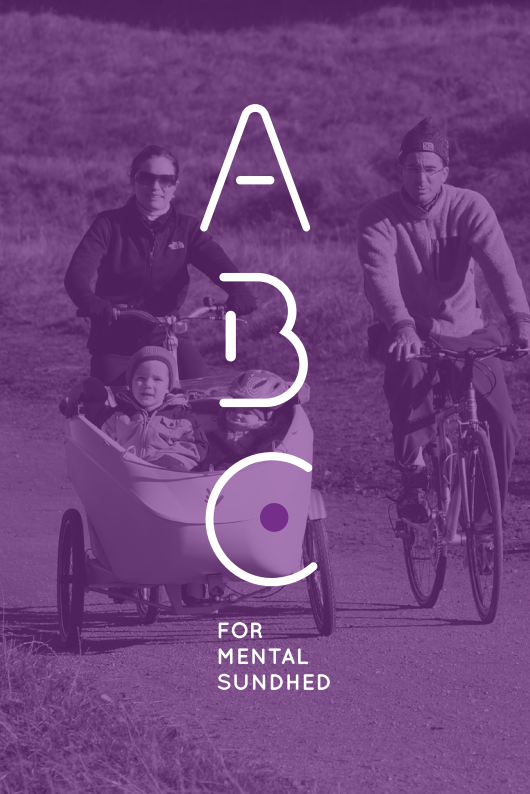
A

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C

FOR
MENTAL
SUNDHED

Hvad
kunne du godt
lide at lave,
da du var barn?

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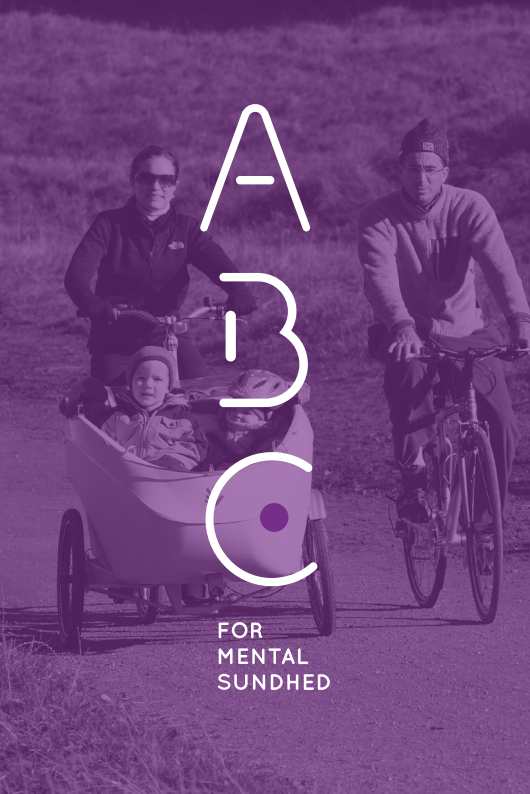
A

B

C

FOR
MENTAL
SUNDHED

Hvis du
skulle vælge
en magisk evne,
hvad skulle
det så være
og hvorfor?

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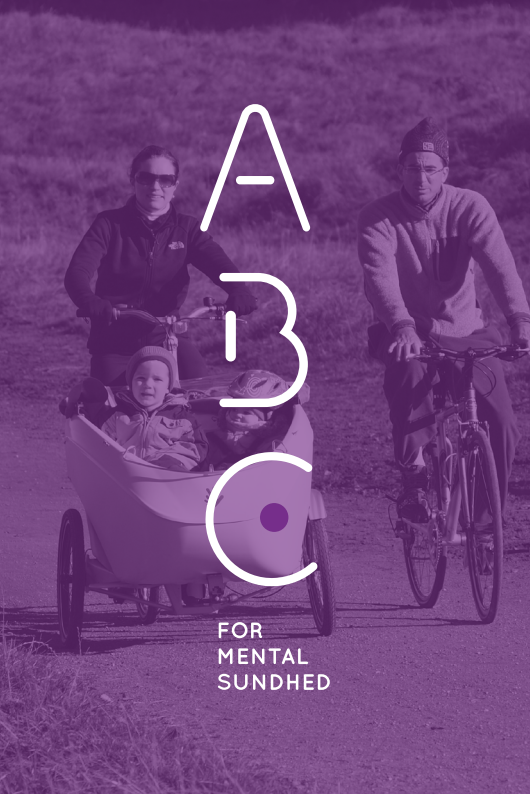
A

B

C

FOR
MENTAL
SUNDHED

Hvordan er
dit forhold
til naturen?

A woman wearing sunglasses and a dark jacket is pushing a baby stroller. Inside the stroller, a baby is visible. To the right, a man wearing a beanie and a light-colored jacket is riding a bicycle. The background is a dirt path with grass on the sides. The entire image has a purple tint.

A

B

C

FOR
MENTAL
SUNDHED

Har du et
trivselstip?



A

B

C

FOR
MENTAL
SUNDHED

Hvilke
fællesskaber er
betydningsfulde
for dig?



A

B

C

FOR
MENTAL
SUNDHED

Hvad vil
du gerne
gøre mere af?



A

B

C

FOR
MENTAL
SUNDHED

Hvilke gode ting
har du oplevet den
seneste uge?



A

B

C

FOR
MENTAL
SUNDHED

Hvad sætter du
pris på i
et venskab?
Og hvorfor?



A

B

C

FOR
MENTAL
SUNDHED

Hvilke
fællesskaber
taltaler dig?
Og hvorfor ?



A

B

C

FOR
MENTAL
SUNDHED

Hvilke
fritidsaktiviteter
har du gode
minder fra?



A

B

C

FOR
MENTAL
SUNDHED

Hvad har værdi
for dig i
din hverdag?



A

B

C

FOR
MENTAL
SUNDHED

Drømmer du
om at komme
ud og rejse?



A

B

C

FOR
MENTAL
SUNDHED

Hvad føles
meningsfuldt
for dig?



A

B

C

FOR
MENTAL
SUNDHED

Hvornår
har du sidst
gjort noget godt
for dig selv?



A

B

C

FOR
MENTAL
SUNDHED

Hvis du skulle
gå til noget nyt,
hvad skulle
det så være?



A

B

C

FOR
MENTAL
SUNDHED

Hvornår
har du sidst
lavet noget
kulturelt?



A

B

C

FOR
MENTAL
SUNDHED

Har du
erfaring med at
hive nogen, du
kender, med ind i
et fællesskab?

Formålet med disse samtalekort er at igangsætte samtaler om mental sundhed.

Allerede ved at øge vores bevidsthed om mental sundhed styrker vi både vores egen og andres mentale sundhed og trivsel.

Disse samtalekort har fokus på sundhedsfremme og er ikke rettet mod forebyggelse af mistrivsel eller behandling af psykiske problemer. Hvis du har behov for at tale med nogen, kan du kontakte din læge eller henvende dig til Psykiatrifondens Rådgivning.

Se mere om ABC for mental sundhed ved at scanne QR-koden:

