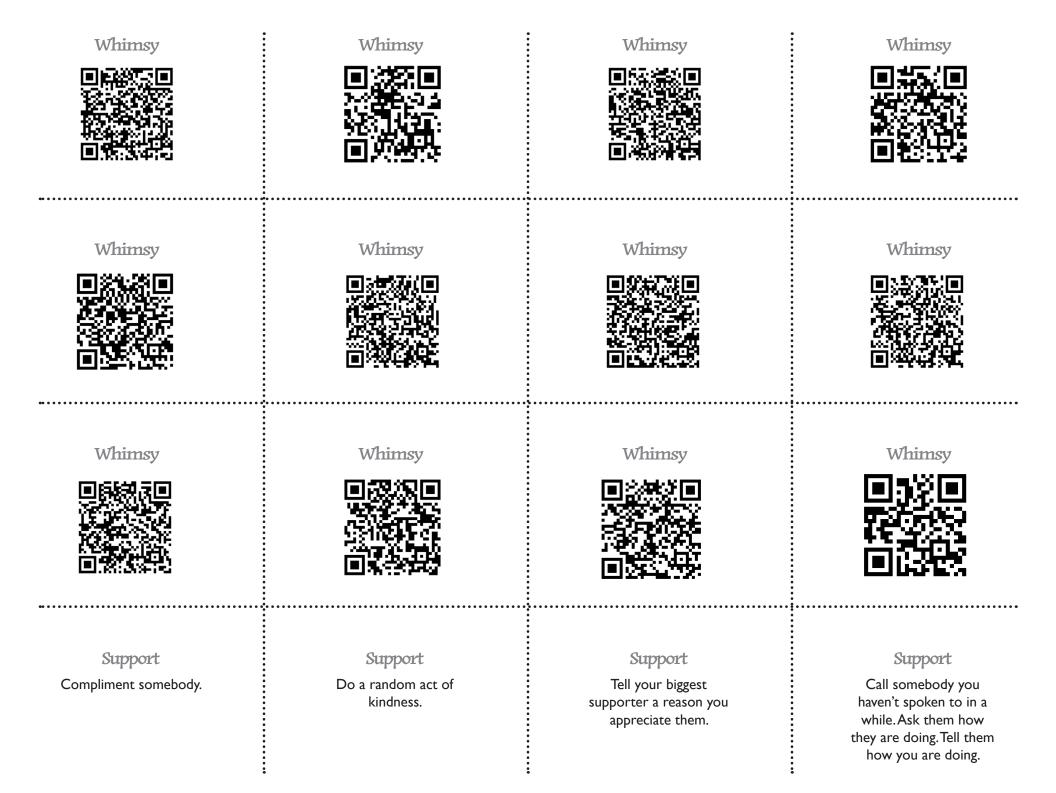
Thought What are 3 things you	Thought What is something you	Thought What is something you	Thought Find a picture of some-
are grateful for?	did recently that you are proud of?	love about yourself?	thing that inspires you.
Thought	Thought	Thought	Thought
What would make today better?	What is something you learned today?	Make a mind map of something you are working on.Write down everything.	Draw a self portrait. It doesn't have to be literal.
Thought	Thought	Thought	Thought
Find a song that rep- resents your mood today. Blast it.	Write one line that sum- marizes your week. One line that summarizes your day. One line that summarizes your hour.	Think of a dream or goal you have never shared with anybody.Write it down.	Be less critical of your- self. Name 3 things you have been doing well.
Thought	Thought	Thought	Thought
Write a rant about something bothering you. Throw it away.	Go outside and listen to the sounds around you. Feel the breeze, hear the small things.	Forgive yourself, be kind, you are enough.	Imagine a peaceful place, breathe there for a moment.

Thought  Find somewhere you can walk ten paces. Walk slowly, feel your body, be aware of how your body settles and balance flows.	Thought Find a basic item you use everyday. Look at it, hold it in your hands, how does it move? work? Appreciate its presence in your life.	Thought  Name five things you can see. Four you can feel. Three you can hear. Two you can smell. One you can taste.	Thought Write some poetry. A Haiku about anything, serious or not.  (this card is a haiku) (5/7/5)
Care  Pause everything, appreciate the quiet for a moment.	Care Snack Break!	Care Say everything you've been thinking out loud.	Care  Close your eyes for five minutes, focus on breathing and check in on your body.
Care Move your body	Care  Deep breath.Take up space, you belong there.	Care Tidy up ONE thing.	Care Ignore the big story. Focus on something small you can do.
Care Inhale 2 3 4 Hold 2 3 4 Exhale 2 3 4 Hold 2 3 4 Repeat.	Care Inhale for 4 counts Hold for 7 Exhale for 8 Repeat.	Care Breath deeply for 5 counts Exhale for 5 counts Repeat with a steady rhythm	Care Inhale. Exhale. That is one. Count to ten, finding your own rhythm. Repeat as many times as needed

Care	Care	Care	Care
Drink some water	Step outside for a moment	Take a moment to stretch	Tense your whole body. Relax it slowly.Take a breath.
<b>Whimsy</b> Find a time today to dance.	<b>Whimsy</b> Play your favorite song.	Whimsy Do the Wordle.	Whimsy Find a time today to sing along to a nostalgic song.
Whimsy What is the biggest animal you think you can fight? Why?	Whimsy  Hug something as soon as possible. Person. Pillow. Stuffed toy. Pet. Tree. ANYTHING!	<b>Whimsy</b> Indulge in your guilty pleasure today.	Whimsy Find a plant.Tell it what you are thinking about.
Whimsy Scribble.Then make it into a dumb little creature. Name it.	Whimsy Listen to a genre of music you've never listened to before. Rate it out of 10.	Whimsy Write a review for a place you LOVED recently, be very enthusiastic.	Whimsy Give yourself something for doing a good job. Like a sticker! Good Job!



Support  Text a friend. Ask them something you don't know about them. What is their favorite smell?	Support  Get a music recommendation from somebody	Support  Get a book recommendation from somebody	Support  Make plans with a friend.
Support Think of somebody. Text them.	Support Show people the grace you want.	Support Accept advice from somebody you respect.	Support Affirmation: It is enough to do my best.
Support Affirmation: I am worthy of love and respect.	<b>Support</b> Affirmation: I am enough, just as I am.	Support Affirmation: I am a valuable and unique individual.	Support Affirmation: I have made progress and I am proud of it.
Support Affirmation: I will allow myself to rest.	Support Affirmation: I am growing at my own pace	Support Affirmation: I am allowed to ask for what I need	Support Affirmation: It is okay to take things one step at a time

## Support

Affirmation: I will be present

## Support

Affirmation:
I deserve time for myself

## Support

Affirmation: I am so cool.

## Support

Affirmation: I deserve the good things coming to me.

#### csrd types

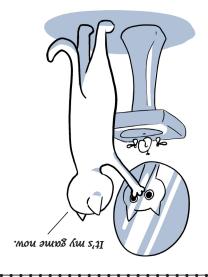
Whimsy cards are just about being fun, and bringing some joy. Some cards are suggestions while others are links to videos or silly websites.

yaminW

### csrd types

Care cards include self care related activites, and reminders like stretching and snack breaks. This type will also include breathing exercises!

Care



There is no wrong way to play. You could shuffle your cards and pull random. You could organize your cards and chose a specific type. You can write your own cards on the backs of premade cards. I support you. It's your game now.

How to play:

## Support

Support cards encourage connection, with yourself and others. This will include affirmations and lighthearted ways to reach out to those around you.

card types

# Thought

Thought cards are all about reflection and mindfulness. You could keep a journal of the prompts, or write on a reciept and immediately throw it away.

card types

**print cards** free here or use the **web version**...also here



https://certainly-blue.github. io/Most-Easily-Forgotten-Thing.github.io/ Most Easily
Forgotten Thing

A mental health card set. by: Sarah Johnson