

Thought

What are 3 things you are grateful for?

Thought

What is something you did recently that you are proud of?

Thought

What is something you love about yourself?

Thought

Find a picture of something that inspires you.

Thought

What would make today better?

Thought

What is something you learned today?

Thought

Make a mind map of something you are working on. Write down everything.

Thought

Draw a self portrait. It doesn't have to be literal.

Thought

Find a song that represents your mood today. Blast it.

Thought

Write one line that summarizes your week. One line that summarizes your day. One line that summarizes your hour.

Thought

Think of a dream or goal you have never shared with anybody. Write it down.

Thought

Be less critical of yourself. Name 3 things you have been doing well.

Thought

Write a rant about something bothering you. Throw it away.

Thought

Go outside and listen to the sounds around you. Feel the breeze, hear the small things.

Thought

Forgive yourself, be kind, you are enough.

Thought

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

Drink some water

### Care

Step outside for a moment

### Care

Take a moment to stretch

### Care

Tense your whole body.  
Relax it slowly. Take a breath.

### Whimsy

Find a time today to dance.

### Whimsy

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!

### Whimsy

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!

Whimsy



Whimsy



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Whimsy



Whimsy



Whimsy



Whimsy



Support

Compliment somebody.

Support

Do a random act of kindness.

Support

Tell your biggest supporter a reason you appreciate them.

Support

Call somebody you haven't spoken to in a while. Ask them how they are doing. Tell them how you are doing.

### 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.

### Support

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.

card 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.

## Whimsy

card types

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

## Care

## 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 receipt and immediately throw it away.

card types



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 pre-made cards. I support you. It's your game now.

## How to play:

this is the front page

# The Most Easily Forgotten Thing

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



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

A mental health card set.  
by: Sarah Johnson