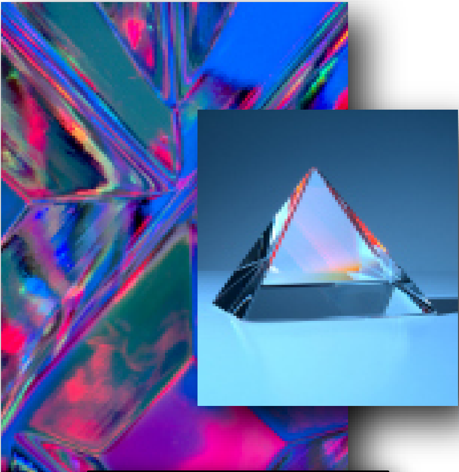
Mental Health

Player



Personal Futures

Your tool gives people the space to imagine new futures for themselves: Who could they be? How could they change? Where could they go?

Mental Health

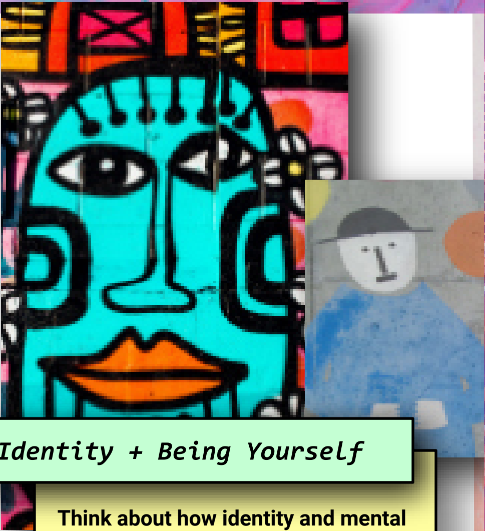
Maker

Mental Health Stigma

People are still unfairly judged for their mental health.
Are you discussing mental health stigma in your tool? What does your audience learn about it? Could people get judged for using your tool? Is it an obvious self-care tool?

Mental Health

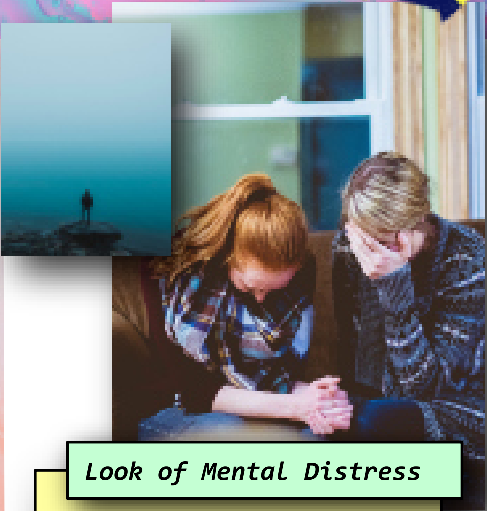
Player



Identity + Being Yourself

Think about how identity and mental health influence each other.
Will different people experience your tool differently? Which parts of their identity does your tool touch on, e.g. gender, ethnicity, sexuality, dis/ability, culture or social background?

Mental Health Maker

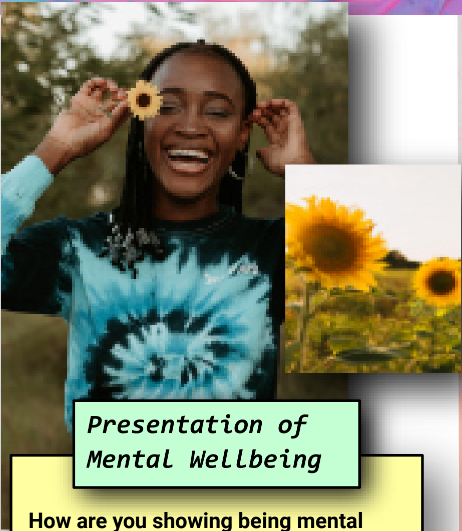


Look of Mental Distress

How are you presenting mental health difficulties in your tool?
How are you describing or showing them in your tool? What words, images or ideas are you using? In which ways can they be understood? How are you avoiding harmful cliches or stereotypes?

Mental Health

Maker



Presentation of Mental Wellbeing

How are you showing being mental wellness in your tool?
What images, ideas or words are you using? Are they common ideas? Stereotypical? New? Your own? How might people understand and make sense of these images and ideas?

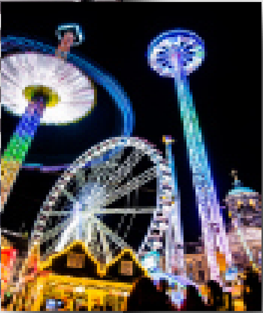
Mental Health **Maker**

Showing Mental Health in Your Design

How are you showing, discussing or framing mental health in your tool? Think about what images, ideas or concepts you use to show mental health. How might people understand and make sense of them? What do people learn from them?

Mental Health

Maker



Culture

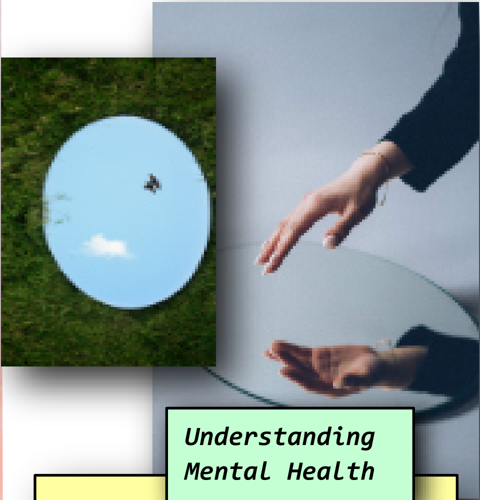
How is culture shaping our mental health? Which parts of culture does your tool touch on?
How does culture–your own or other people's–influence how we understand mental health? What elements of mental health are deeply cultural, e.g. (health)care, being (un)well, trauma or stigma?

Society

How is society shaping our mental health?
How does society–your own or other people's–influence how we understand mental health? Think about issues of (health)care, reactions to being mentally (un)well, trauma or stigma. Does your tool show some of these ideas or issues?

Mental Health

Community



Understanding Mental Health

How do people learn and understand mental health through your tool?
What does your tool teach people about mental health? Does it make players think about it? In which ways? New, different or self-reflective?

Mental Health **Community**

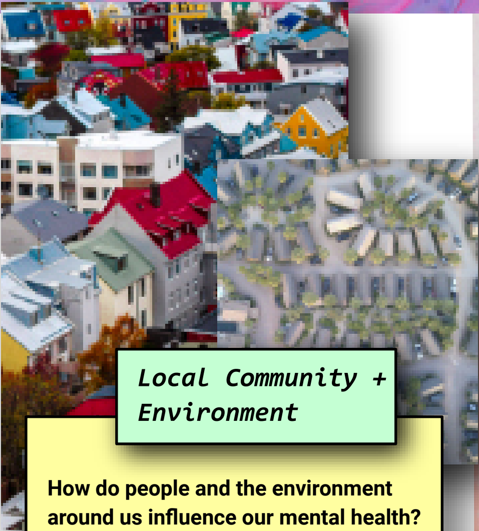
Mental Health as a Life Experience

Your tool recognises that mental health is a life-long experience, not just a single moment in someone's life.

Mental health is something that is present throughout our lives, more or less, in good and bad ways. How does your tool show this?

Mental Health

Community



Local Community + Environment

How do people and the environment around us influence our mental health? We live within a local community of people, e.g. family, neighbours or colleagues. How do these people shape our mental health? Does your tool touch on any of these relationships?

Mental Health

Community

Mental Health Professionals

How do mental health professionals influence our mental health?
Are they a positive or negative influence? How can they support and/or fail people? What kind of relationship do people have with caring professionals? Are you responding to these relationships in your tool?

Mental Health

Community

Friends + Family

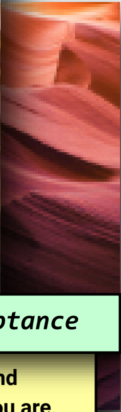
What role do friends & family play in our mental health journey?
How do people close to us influence our mental health? In which ways? How does your tool touch on these relationships? What about players without loved ones, or players with a different set of relationships?

Mental Health Maker

Self-Care Activities

What kind of self-care activities can somebody find in your tool?
Are these activities creative, physical, expressive, introspective, open, or guided? How many activities are there? Can people pick and choose them for themselves?

Mental Health Maker



Self-Love + Acceptance

Your tool inspires self-love and accepting yourself for who you are, and growing from wherever you are in life.

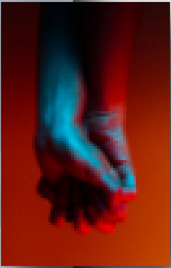
Self-love and self-acceptance require being honest with yourself. It is a difficult, often life-long process that requires persistence and growth. Your tool hopes to support people on this journey.

Mental Health **Maker**

Self-Determined Mental Health

Your tool works with an understanding of mental health that is not medicalised and prescriptive. Instead of categorising people's experiences, your tool does not judge their mental health. Instead, it provides space for people to make sense of their mental health through your tool and themselves.

Mental Health **Player**

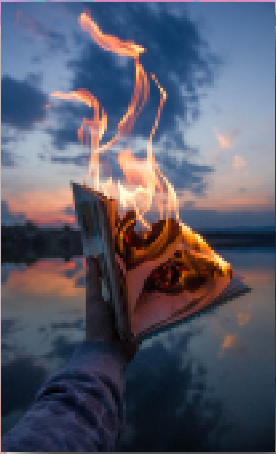


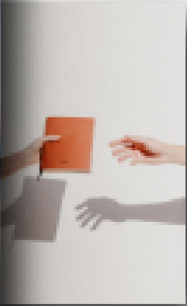
Relationality

Your tool inspires people to relate to themselves, others (human and non-human) and to the wider world around them.

How does your tool encourage players to relate? What does relating look like in and through your tool?

Mental Health Player





Personal Definition of Mental Wellness

Your tool supports players to explore and define what "mental wellness" means to them—without forcing expectations on people or making assumptions about them.

Mental Health Maker

Personal Experiences with Mental Health

How do your own personal experiences with mental health influence the design of your tool?
We put a little bit of ourselves into everything we make–especially if we have personal experiences with mental health. How do your own experiences influence your tool? In which ways? Where in your tool does your own mental health journey become visible?

Tech + Self-Care

Player

Relationship with Tool

What kind of relationship will somebody have with your tool?
People will pickup your tool, get to know it, use it and get used to it. What kind of relationship does your tool encourage? An intense one? A relaxed, calm one? Can people tailor their relationship with your tool?

Tech + Self-Care

Maker

Your Relationship with Technology

How does your relationship with technology influence the design of the tool? How you use technology will influence what you design. What are your technology habits, or preferences? How might they influence your tool? Where do these influences become visible in your tool?

Tech + Self-Care

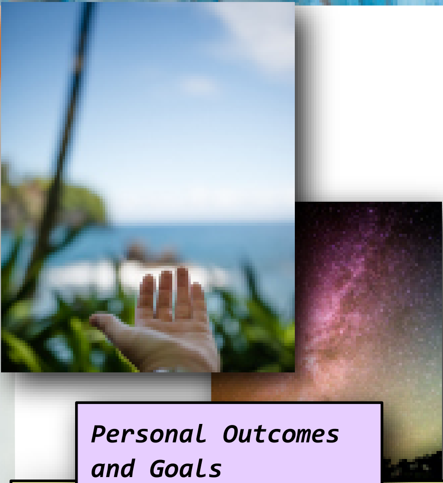
Player

Self-Care as a Future-Oriented Activity

Self-Care can inspire people to imagine new futures for themselves; to dream, think and plan.
How does your tool show that self-care can be a speculative, imaginative and creative experience?

Tech + Self-Care

Player



Personal Outcomes and Goals

Your tool lets people define their personal self-care and mental health outcomes and goals.
How does your tool support people to figure out what they want to work towards? How can your tool give players inspiration for goals *without* influencing them *too* much?

Tech + Self-Care

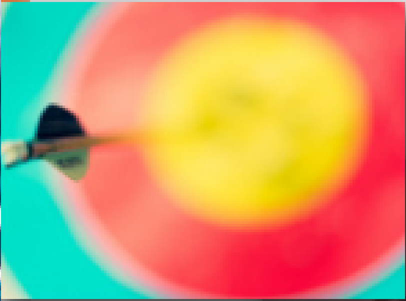
Player

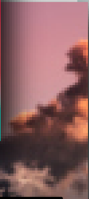
Everybody is Their Own Expert

Your tool puts the person who uses it into the driver's seat, and values them as the expert of their own life and their mental health.
How can your tool support people in trusting their own feelings and needs? How does your tool encourage players to develop this inner confidence?

Tech + Self-Care

Maker



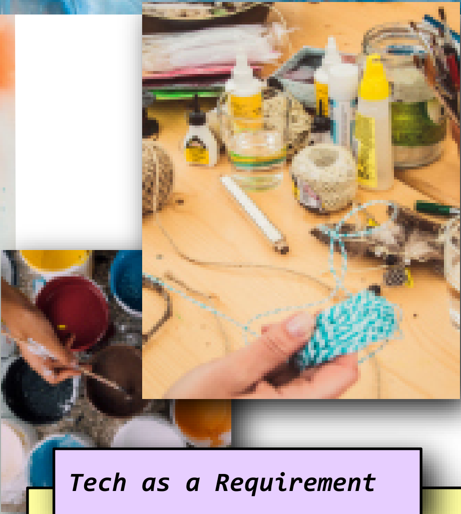


Personal Values

How do your personal values influence your tool?
The things you believe in, will influence what you make and design. How are your personal values found in your design? How do they show up? How do they influence your tool?

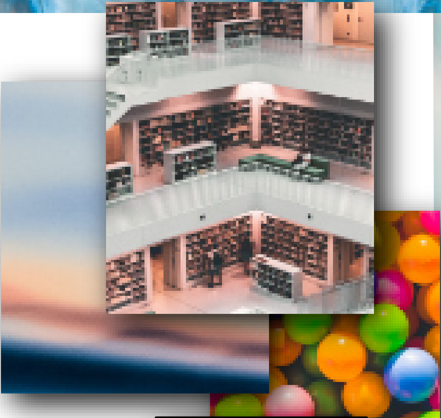
Tech + Self-Care

Maker



Tech as a Requirement

Does your tool really need technology to work?
Carefully consider if technology is actually required for your tool. Maybe, it would work better in a different format, e.g. as a board game or as a paper booklet?

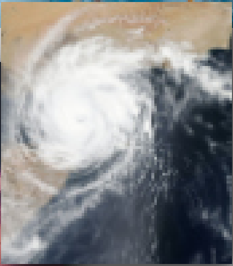


Look & Feel

What kind of look, mood and feeling does your tool have?
What kind of images, colours, words, activities and/or sounds are used in your tool? What kind of mood do they create?

Tech + Self-Care

Player



Expressive Design

Your tool is loud, expressive and experimental.
Instead of being calming and relaxing, your tool is the complete opposite. Maybe it is a colourful whirlwind for somebody to play with. Or a tool focused on movement and being active with? Or something completely different?

Tech + Self-Care

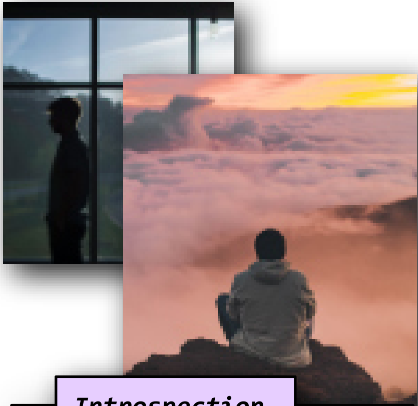
Maker

Your Wishes for the Future

How do your personal wishes for the future influence the design of your tool?
We put a little bit of ourselves into everything we make, especially our wishes for in our own life. Is your tool featuring any of these? It can be a small personal decision or something major, like a big societal change you long for.

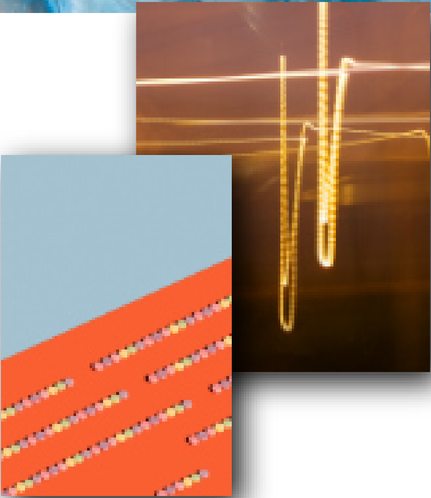
Tech + Self-Care

Player



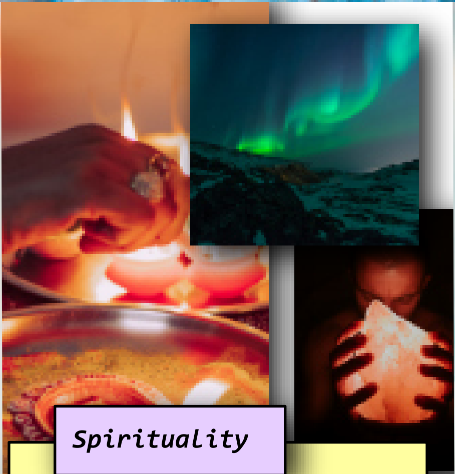
Introspection

Your tool inspires self-reflection and encourages players to think about their feelings, thoughts and memories.
What ideas does your tool make people think about? In which ways? How can somebody capture and make sense of their thoughts through your tool?



Frequency of Use

How often should a player use your tool? Several times a day? Daily? Weekly? Once a month?

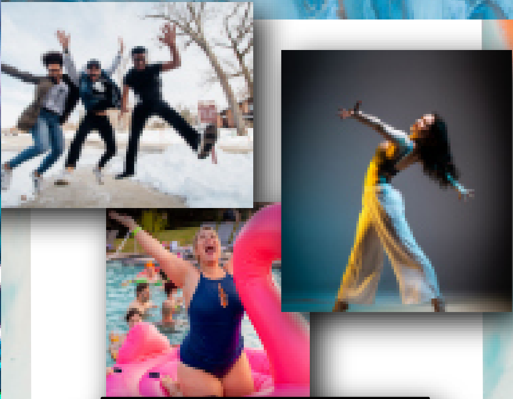


Spirituality

Your tool has spiritual elements. What kind of spirituality do you feature? Can players bring in their own spirituality or faith? How do you introduce spirituality? Can people without a faith also use your tool in meaningful ways?

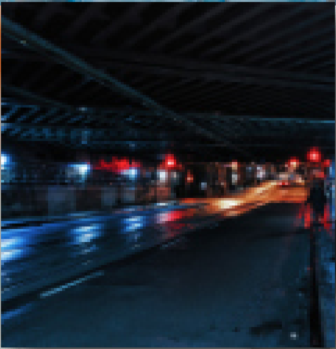
Tech + Self-Care

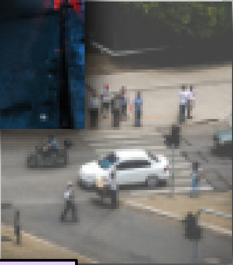
Player



Body + Physicality

Your tool allows people to experience their body, and/or it uses physical movement for self-care.
Which physical activities do you feature? Is it a structured activity or open-ended? How do you introduce people to these activities? How are considering people with different bodies and abilities?





Use in Public

Your tool is meant to be used in public. How do people use your tool in public? Can other people tell that players are using your tool? How can you keep players safe in public?

Tech + Self-Care

Player

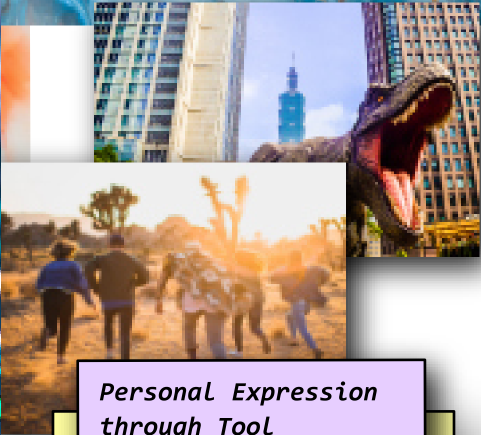
make the world a better place

Personal Meaning-Making

Players can use your tool to make personal meaning through it and make sense of their lives through it. What kind of personal meaning can people make in your tool? What do they look like? How are these meanings captured? How does your tool support players in making sense of their lives?

Tech + Self-Care

Player



Personal Expression through Tool

Players can express themselves through your tool, e.g. through speaking, movement, art or text. Which activities or interactions does your tool offer for self-expression? Can players choose between them? How do you introduce the different interactions to players?

Tech + Self-Care

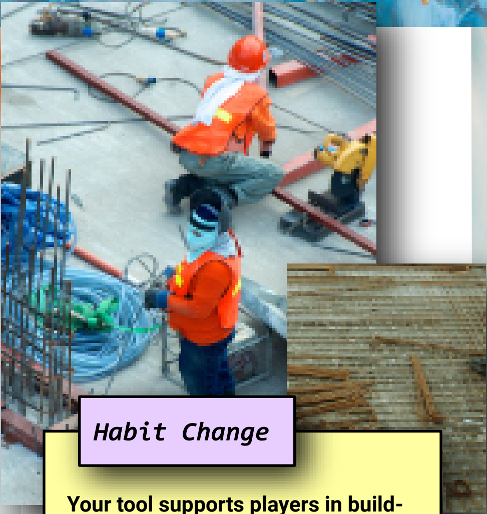
Maker

Inspiration from Self-Help Media

Your tool draws inspiration from traditional self-help media.
Books, podcasts, websites or other sources of self-help knowledge greatly influence your tool. How do you make sure to not repeat their weaknesses and stereotypes?

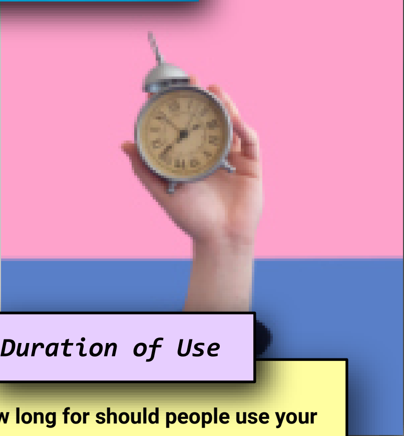
Tech + Self-Care

Maker



Habit Change

Your tool supports players in building and changing habits. How do players pick which habits to learn or change? How do you make sure that people do not change in unexpected or unwanted ways? How do players stay in control?



Duration of Use

How long for should people use your tool? 5 minutes? 10 minutes? An hour? Or longer?

Creativity

Your tool inspires people to be creative with it. Art, poems, dance–the sky is the limit. What kind of creativity are you inspiring? How do you support people who may feel stuck or uninspired to find their own creativity? Do people need space, or other things to use your tool?