

## CONVERSATION CARDS

HOW TO TALK ABOUT SLEEP, FITNESS, FOOD, MANAGING RELATIONSHIPS AND EXPERIENCING PLEASANT EMOTIONS WITH YOUR FRIENDS? THESE CONVERSATION CARDS WILL HELP – USE THEM TO FIND INSPIRATION!



- 1.PRINT AND CUT OUT THE CONVERSATION CARDS OR SHARE THEM ON A SCREEN.
- 2.DISCUSS WITH A GROUP HOW TO BUILD AND SUPPORT HEALTHY RELATIONSHIPS .
- 3.DIVIDE THE CARDS AMONG YOURSELVES AS ASSIGNMENTS.
- 4.DISCUSS YOUR ASSIGNMENTS AND YOUR PROGRESS AFTER A WEEK.
- 5.WRITE DOWN THE BEST STORIES AS INSPIRATION FOR FUTURE SESSIONS AND MOVE ON TO NEXT WEEK'S CONVERSATION CARDS.



## SLEEP AND REST VITAMINS

VITAMINS SLEEP AND REST ARE VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO ACHIEVE DEEP SLEEP AND TO FIND MOMENTS OF REST!



LISTEN NOTICE SHARE DO

### LISTEN

LOOK FOR BEDTIME STORIES ONLINE AND LISTEN TO THEM BEFORE FALLING ASLEEP!



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### LISTEN

HAVE YOU EVER TRIED LISTENING TO SILENCE? LOOK FOR THE MOST SILENT PLACE IN YOUR LIFE AND HAVE A LISTEN!



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### LISTEN

TAKE A BREAK, CLOSE YOUR EYES AND LISTEN TO ALL THE SOUNDS THAT YOU CAN HEAR, BOTH FAR AND NEAR. CAN YOU ALSO HEAR SOUNDS COMING FROM INSIDE YOU?



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### NOTICE

IF YOU SEE THAT YOUR CLOSE ONES ARE TIRED OR EXHAUSTED IN THE MORNINGS THEN TRY TO FIND OUT HOW THEY SLEPT AND WHAT THEY DID BEFORE GOING TO SLEEP. DISCUSS DIFFERENT METHODS THAT THEY COULD TRY TO REST WELL AND RESTORE HEALTHY SLEEP PATTERNS.



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### NOTICE

WHAT ARE THE FIRST THINGS THAT YOU DO WHEN YOU WAKE UP? IS THERE SOMETHING THAT YOU COULD DO DIFFERENTLY?



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### SHARE

IF YOU DON'T HAVE SET SLEEP PATTERNS THEN CHALLENGE YOURSELF AND A FRIEND TO GO TO BED AND GET UP AT THE SAME TIME WITH A SHORT VIDEO CALL. IT'S EASIER TOGETHER!



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PUT ASIDE 15 MINUTES TO SHARE YOUR DREAMS WITH A FRIEND. COULD THE DREAMS BE WRITTEN INTO EXCITING SHORT STORIES?



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DREAM TOGETHER WITH A FRIEND! WHAT WOULD YOU LIKE TO DO IF YOU HAD NO LIMITATIONS? WHO WOULD YOU LIKE TO WORK AS?



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### SHARE

HANGING OUT, LAZING ABOUT, HAVING A LIE DOWN, CHILLING, RELAXING, LOITERING, ETC. SEE IF YOU CAN THINK OF MORE WORDS FOR THAT WHICH WE DO THE LEAST! SEE HOW MANY WORDS YOU CAN COME UP WITH!



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### SHARE

ASK A FRIEND WHAT A REALLY RELAXING DAY MEANS FOR THEM. LET THEM DESCRIBE THEIR DAY FROM WAKING UP TO BEDTIME. TELL THEM ABOUT YOUR OWN IDEAL RELAXING DAY. DISCUSS YOUR STORIES AND SEE IF YOU CAN FIND SIMILARITIES AND DIFFERENCES.



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### DO

FIND A PLEASANT PLACE DURING THE DAY WHERE YOU CAN JUST TAKE A BREAK AND SIT OR LIE DOWN. NOW SET A 3-MINUTE ALARM AND JUST LAZE ABOUT! BE IN THE MOMENT AND SEE HOW GOOD IT FEELS TO JUST TAKE A SHORT BREAK.



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### DO

TAKE A MIDNIGHT SHOWER AND IMAGINE YOU ARE CLEANING YOURSELF FROM EVERYTHING STRESSFUL THAT HAPPENED DURING THE DAY. WASH AWAY ALL THE WORRIES. THIS WAY, IT IS MUCH EASIER TO GO TO BED!



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GET UP AND GO OUTSIDE FOR A BIT, TAKE 3 DEEP BREATHS OF FRESH AIR.



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TRY THE POMODORO TECHNIQUE – THE GOAL IS TO WORK WITHOUT INTERRUPTIONS FOR 25 MINUTES AND THEN TAKE A 5-MINUTE BREAK TO STRETCH YOUR LEGS OR DRINK WATER. IF YOU FINISH WORK BEFORE THE “TOMATO TIME” THEN SPEND THE REST OF THE 25 MINUTES ON ANALYSING AND THINKING ABOUT YOUR COMPLETED WORK.

