

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.

PLESANT EMOTIONS VITAMINS

PLEASANT EMOTIONS VITAMINS ARE VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO EXPERIENCE PLEASANT EMOTIONS!

LISTEN NOTICE SHARE DO

LISTEN

GO FOR A 20 MINUTE WALK WITH YOUR FRIEND AND DISCUSS EMOTIONS. WALK 10 MINUTES ONE WAY WHILE ONE OF YOU SPEAKS AND THEN 10 MINUTES BACK WHILE THE OTHER SPEAKS. ASK EACH OTHER QUESTIONS LIKE "WHAT ACTIONS OF YOURS MADE YOU REALLY THINK ABOUT SOMETHING TODAY?", "WHAT NEW APPROACHES DID YOU TAKE TO SOLVING PROBLEMS?", "WHAT KIND OF MISTAKES DID YOU MAKE TODAY THAT YOU COULD LEARN FROM IN THE FUTURE?" OR "WHAT ACTIVITIES PROVED TO BE A CHALLENGE FOR YOU TODAY?"



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ASK YOUR FRIENDS OR FAMILY HOW THEY BRING PLEASANT EMOTIONS INTO THEIR DAILY LIVES? IS THERE SOMETHING THAT YOU COULD LEARN FROM THEM OR IS THERE SOMETHING THAT YOU CAN DO TO MOTIVATE THEM INSTEAD?



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DISCUSS THINGS THAT YOU DO THAT ARE MEANINGFUL WITH A FRIEND. EXAMPLES: CARESSING YOUR CHILD IS IMPORTANT TO SPREAD MORE KINDNESS IN THE WORLD. THINK ABOUT YOUR DAILY ACTIVITIES THAT ARE MEANINGFUL FOR OTHERS AND ENJOY THE HAPPINESS FROM PERFORMING THESE ACTIVITIES.



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THINK OF THINGS THAT HAVEN'T GONE YOUR WAY IN LIFE, BUT ALSO OF WHAT YOU HAVE ACHIEVED, WON OR DISCOVERED THANKS TO THESE THINGS?



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FIND AN OBJECT AROUND YOU – IMAGINE THAT THIS OBJECT WILL PERFORM A MOTIVATING SPEECH FOR YOU. WHAT WOULD THE OBJECT SAY?



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PAY ATTENTION TO HOW NATURE AWAKENS AND RECOVERS FROM THE PASSING WINTER. SEE, HEAR, SMELL, TOUCH AND TASTE!



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FIND SOMETHING FROM DAILY NEWS THAT LIGHTENS THE MOOD OR MAKES YOU LAUGH AND SHARE IT WITH YOUR FRIENDS.



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DID YOU READ A GOOD BOOK, WATCH A GREAT FILM OR DISCOVERED A NICE SONG OR TUNE RECENTLY? FORM A SHARED LIST OF PLEASANT EMOTIONS WITH YOUR FRIENDS, LISTING BOOKS, FILMS AND SONGS THAT AFFECTED YOU IN A POSITIVE WAY.



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TELL A GOOD JOKE TO YOUR FRIEND! THIS CAN BE AN ANECDOTE OR A REAL STORY.



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WHAT DO YOU DREAM OF? SHARE YOUR SECRET DREAMS WITH YOUR FRIENDS AND RELATIVES AND DISCUSS WHETHER YOU COULD MAKE THIS A REALITY.



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THINK OF A THING THAT YOU DIDN'T MANAGE TO ACCOMPLISH TODAY AND AT LEAST THREE THINGS THAT YOU DID MANAGE TO DO. FAILURES ARE A NATURAL PART OF LIFE, BUT SOMETIMES YOU CAN GET OVER THEM EASIER IF YOU BALANCE THESE THOUGHTS WITH POSITIVE THINGS.



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EVERY NIGHT, GIVE YOURSELF FEEDBACK ON ALL THE POSITIVE THINGS THAT HAPPENED TODAY. ADDITIONALLY, NAME FIVE GOOD THINGS ABOUT YOURSELF.



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BE NICE TO OTHERS, MAKE COMPLIMENTS OR PRAISE THEIR ACCOMPLISHMENTS.



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TAKE CARE OF SOMEONE OR SOMETHING, BE IT A PLANT, PET OR A FRIEND IN NEED.

