

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.

RELATIONSHIP VITAMINS

RELATIONSHIP VITAMINS ARE VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO BUILD SUPPORTING RELATIONSHIPS.

LISTEN NOTICE SHARE DO

LISTEN

ASK A FRIEND: "IS THERE A WAY I CAN BE A BETTER FRIEND FOR YOU?"



peaasi.ee

TERVISEKASSA



RELATIONSHIP VITAMINS

RELATIONSHIP VITAMINS ARE VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO BUILD SUPPORTING RELATIONSHIPS.

LISTEN NOTICE SHARE DO

LISTEN

GO FOR A WALK WITH YOUR FRIEND, BUT WALK FOR 10 MINUTES ONE WAY WHILE ONE OF YOU SPEAKS AND THEN 10 MINUTES BACK WHILE THE OTHER SPEAKS. YOU BOTH HAVE TO LISTEN TO YOUR FRIEND AND NOT INTERRUPT THEM DURING THEIR 10 MINUTES. YOU CAN LATER DISCUSS THE WALK AND YOUR TALKS TOGETHER.



peaasi.ee

TERVISEKASSA



RELATIONSHIP VITAMINS

RELATIONSHIP VITAMINS ARE VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO BUILD SUPPORTING RELATIONSHIPS.

LISTEN NOTICE SHARE DO

LISTEN

PUT ASIDE 10 MINUTES TO SPEAK TO SOMEONE YOU DON'T USUALLY SPEAK WITH VERY MUCH.



RELATIONSHIP VITAMINS

RELATIONSHIP VITAMINS ARE VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO BUILD SUPPORTING RELATIONSHIPS.

LISTEN NOTICE SHARE DO

NOTICE

ASK A FRIEND: "IS THERE ANYTHING I CAN HELP YOU WITH?"



peaasi.ee

TERVISEKASSA



RELATIONSHIP VITAMINS

RELATIONSHIP VITAMINS ARE VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO BUILD SUPPORTING RELATIONSHIPS.

LISTEN NOTICE SHARE DO

NOTICE

ASK A FRIEND TO FINISH THE SENTENCE OR SHARE YOUR SENTENCE WITH THEM: "IF YOU NOTICE THAT I AM IN STRESS THEN I WISH THAT YOU WOULD SUPPORT ME BY SAYING OR DOING ..."



peaasi.ee

TERVISEKASSA



RELATIONSHIP VITAMINS

RELATIONSHIP VITAMINS ARE VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO BUILD SUPPORTING RELATIONSHIPS.

LISTEN NOTICE SHARE DO

NOTICE

GET TOGETHER WITH A FRIEND AND THINK HOW TO SUPPORT YOUR FRIENDS OR ACQUAINTANCES WHO MAY FEEL LONELY, DISTANT OR EXCLUDED.



RELATIONSHIP VITAMINS

RELATIONSHIP VITAMINS ARE VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO BUILD SUPPORTING RELATIONSHIPS.

LISTEN NOTICE SHARE DO

SHARE

TELL A FRIEND: "SORRY ABOUT THAT ONE TIME WHEN I ..."



RELATIONSHIP VITAMINS

RELATIONSHIP VITAMINS ARE VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO BUILD SUPPORTING RELATIONSHIPS.

LISTEN NOTICE SHARE DO

SHARE

SHARE COMPLIMENTS WITH A FRIEND IN TURNS. SAY 5 THINGS THAT YOU APPRECIATE ABOUT YOUR THEM.



peaasi.ee

TERVISEKASSA



RELATIONSHIP VITAMINS

RELATIONSHIP VITAMINS ARE VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO BUILD SUPPORTING RELATIONSHIPS.

LISTEN NOTICE SHARE DO

SHARE

SHARE YOUR SMILE WITH AT LEAST 5 DIFFERENT PEOPLE!



peasaki.ee

TERVISEKASSA



RELATIONSHIP VITAMINS

RELATIONSHIP VITAMINS ARE VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO BUILD SUPPORTING RELATIONSHIPS.

LISTEN NOTICE SHARE DO

SHARE

IF YOU ARE GOING TO CRITICISE SOMEONE ABOUT SOMETHING, STOP AND THINK ABOUT SOMETHING NICE YOU COULD SAY INSTEAD.



RELATIONSHIP VITAMINS

RELATIONSHIP VITAMINS ARE VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO BUILD SUPPORTING RELATIONSHIPS.

LISTEN NOTICE SHARE DO

DO

SHARE A LUNCH WITH A DISTANT FRIEND OVER A VIDEO CALL OR GO FOR A WALK WHILE SPEAKING TO EACH OTHER OVER THE TELEPHONE.



peaasi.ee

TERVISEKASSA



RELATIONSHIP VITAMINS

RELATIONSHIP VITAMINS ARE VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO BUILD SUPPORTING RELATIONSHIPS.

LISTEN NOTICE SHARE DO

DO

ON FRIDAY, FIND OUT HOW YOUR FRIENDS ARE PLANNING TO UNWIND AND RELAX IN THE WEEKEND AND SHARE YOUR PLANS. THIS ALLOWS YOU TO INSPIRE EACH OTHER AS WELL AS DISCUSS HOW YOUR PLANS WENT ON THE FOLLOWING MONDAY.



peasaki.ee

TERVISEKASSA



RELATIONSHIP VITAMINS

RELATIONSHIP VITAMINS ARE VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO BUILD SUPPORTING RELATIONSHIPS.

LISTEN NOTICE SHARE DO

DO

CHALLENGE YOUR FRIENDS OR GROUP TO DONATE AT LEAST 1€ TO A CHARITY OF THEIR CHOICE AND LATER DISCUSS WHY YOU ALL CHOSE THE ORGANISATIONS THAT YOU DID.



RELATIONSHIP VITAMINS

RELATIONSHIP VITAMINS ARE VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO BUILD SUPPORTING RELATIONSHIPS.

LISTEN NOTICE SHARE DO

DO

ORGANISE A SMALL PARTY OVER VIDEO CALL! FOR EXAMPLE: IF YOU GOT A NEW FRYING PAN, CELEBRATE IT WITH YOUR FRIENDS BY COOKING WITH THEM OVER VIDEO CALL, OR PREPARE YOUR FAVOURITE DISH AND LEAVE IT AT YOUR FRIEND'S DOORSTEP TO EAT AND DISCUSS IT LATER VIA VIDEO CALL.



peaasi.ee

TERVISEKASSA

