

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!



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- 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.

VITAMIN NUTRITION

VITAMIN DIET IS VERY IMPORTANT FOR KEEPING YOUR MENTAL HEALTH IN BALANCE. THERE IS A LOT THAT WE CAN DO TO ACHIEVE A BALANCED DIET!

LISTEN NOTICE SHARE DO

LISTEN

GO FOR A WALK WITH YOUR FRIEND AND DISCUSS FOOD, BUT WALK FOR 10 MINUTES ONE WAY WHILE ONE OF YOU SPEAKS AND THEN 10 MINUTES BACK WHILE THE OTHER SPEAKS. HOW TO BETTER NOTICE WHAT YOUR BODY CURRENTLY NEEDS? IS THAT A SMALL OR A LARGE MEAL, OR DOES IT WANT LIQUIDS INSTEAD? HOW TO BETTER ENJOY FOOD AND BE PRESENT IN THE MOMENT DURING EATING?



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LISTEN NOTICE SHARE DO

LISTEN

BEFORE EATING, TRY TO LISTEN TO WHAT SOUNDS DIFFERENT FOODS MAKE 1. A RAISIN WHEN ROLLED BETWEEN FINGERS 2. A HOT DRINK. 3. ANY OF YOUR FAVOURITE FOODS. IF THEY DON'T MAKE A SOUND THEN TRY TO THINK OF A SOUND THAT THEY COULD BE MAKING.



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LISTEN **NOTICE** **SHARE** **DO**

LISTEN

ASK YOUR FRIENDS ABOUT THEIR FAVOURITE FOODS AND SURPRISE THEM BY PREPARING THESE MEALS FOR THEM IN THE NEXT WEEKS!



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LISTEN NOTICE SHARE DO

NOTICE

EVERY TIME YOU WANT TO SNACK ON SOMETHING, TRY DRINKING A GLASS OF WATER INSTEAD. IT MAY BE THAT YOUR BODY IS THIRSTY INSTEAD?



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LISTEN NOTICE SHARE DO

NOTICE

HAVE YOU NOTICED THAT EATING SOME FOODS MAKES YOU HAPPIER? MORE ENERGETIC? MORE TIRED?



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LISTEN NOTICE SHARE DO

NOTICE

PAUSE BEFORE EATING, SMILE AT YOUR FOOD AND BE GRATEFUL FOR ALL THESE PEOPLE WHO HAVE CONTRIBUTED INTO GETTING THIS FOOD AT YOUR TABLE. THIS COULD BE SOMEONE WHO SOWED THE SEEDS, GREW THE VEGETABLES, PICKED THE FRUIT, PACKAGED THE FOOD, TRANSPORTED IT TO THE STORES OR SOLD THEM TO YOU.



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NOTICE

IF YOU'RE ALREADY FULL, BUT STILL CRAVE FOR A SNACK, THEN STOP YOURSELF IN YOUR TRACKS AND THINK WHETHER YOU REALLY NEED IT. MAYBE YOU COULD ALSO BENEFIT FROM A HUG, A WALK, A CONVERSATION WITH A GOOD FRIEND OR SOME OTHER PLEASANT ACTIVITY INSTEAD?



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SHARE

DISCUSS WITH A FRIEND: I READ THAT NUTRITION AND DIETING IS AN IMPORTANT “VITAMIN” FOR MENTAL HEALTH AND STARTED TO THINK WHAT NORMAL EATING MEANS FOR YOU, OR WHAT ARE THE FOODS THAT YOU ENJOY EATING THE MOST?



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SHARE

ASK A FRIEND: TELL ME ABOUT THE MOST EXOTIC OR EXCITING FOOD THAT YOU HAVE EVER EATEN!

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SHARE

HOW DO YOU REMIND YOURSELF TO DRINK ENOUGH WATER EVERY DAY, IF AT ALL?

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DO

TELL YOUR FRIEND OR FAMILY MEMBER: WE SHOULD TRY EATING SOMETHING ELSE TONIGHT – LET'S MAKE SOMETHING GOOD TONIGHT AND AGREE TO EAT SLOWLY, FOCUS ON ENJOYING THE FOOD AND NOT DO ANYTHING ELSE DURING EATING. I WOULD BE GLAD IF YOU WOULD TRY IT WITH ME! MAYBE WE CAN DISCOVER SOMETHING NEW!



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LISTEN NOTICE SHARE DO

DO

TAKE A BITE OF FOOD AND TRY TO PINPOINT ALL THE DIFFERENT THINGS YOU'RE TASTING. DO YOU FEEL SOMETHING SOUR, SAVOURY, SWEET, BITTER OR SOMETHING ELSE? HOW MANY DIFFERENT NUANCES OF TASTE CAN YOU DIFFERENTIATE?



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PREPARE A BALANCED MENU FOR NEXT WEEK – INCLUDE FOODS THAT MAKE YOU HAPPY, GIVE YOU ENERGY OR ENJOYMENT. MEAL PREPPING HELPS YOU SAVE BOTH MONEY AND TIME.



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SHARE FAVOURITE RECIPES WITH YOUR FRIENDS, AGREE TO PREPARE THE SAME MEAL AT A SPECIFIC WEEKNIGHT AND THEN ENJOY IT TOGETHER OVER A VIDEO CALL!

