the MAGIC OF MENTAL WELL-BEING

Each deck includes:
(1) Instruction Card
(1) Tanager Info Card
(8) Emotion Cards
(10) Character Cards

For One-Sided Printing:
Select and print pages 1, 3, 5, and 7. Return papers to the printer and on the reverse side, print pages 2, 4, 6, and 8.

For Two-Sided Printing:
Print pages 2 - 9 with "two-sided printing" selected.

Trim Instructions: ✂
Cut out cards following the edges on the character side. The back side of the cards will print slightly oversized to adjust for potential alignment issues.

Tanager

Tanager's mission is simple: to provide children and families with services that inspire, empower, and heal. Since our humble beginnings in 1879 as the first children's Human Service agency in Linn County, we've evolved to serve the changing needs of our community.

Tanager's programs focus on prevention, treatment, and outreach, and serve children, teens, young adults, and families. We are committed to meeting clients where they are and by providing them with the full spectrum of services they need, whether it be through inpatient, outpatient, community-based, or prevention programming.

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INSTRUCTIONS

This "The Magic of Mental Well-Being" deck includes 10 character cards and 8 emotion profiles.

If you feel a strong emotion, try to identify how you're feeling and think about what sorts of activites typically make you feel better, and find a character whose "mindfulness tool" works best for you.

If being **active** helps you feel better, look for cards with the sneaker in the corner.

If **creativity** helps you feel better, look for cards with the paintbrush in the corner.

If **relaxation** helps you feel better, look for cards with the flower in the corner.

You can make your own list of additional tools to help you deal with different emotions, and create characters to go with them!

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ANGER

What is anger?

Anger is a strong emotion when someone or something is wrong. It usually follows other emotions- watch for what may have come first!

Example: Someone took something that belongs to you.

Anger might make you yell, say upsetting things, or even want to act unkindly to people around you.

If you're feeling angry, pause and check out the mindfulness tools on the cards in this deck and find one that works for you!

Remember, everyone feels angry sometimes!

DISAPPOINTMENT

What is disappointment?

Disappointment is what you feel when something you hoped for doesn't happen.

Example: You tried out for a team but unfortunately you didn't make it.

Disappointment may feel like a mix of frustration, sadness, and loss.

If you're feeling disappointed, pause and check out the mindfulness tools on the cards in this deck and find one that works for you!

Remember, everyone feels disappointed sometimes!

EMBARRASSMENT

What is embarrassment?

Embarrassment is an uncomfortable feeling you get when you are worried about what other people think of you.

Example: You trip and fall at school and the other kids are staring at you.

When you are embarrassed, you may feel uncomfortable and not want any attention.

If you're feeling embarrassed, pause and check out the mindfulness tools on the cards in this deck and find one that works for you!

Remember, everyone feels embarrassed sometimes!

ANXIETY

What is anxiety?

Anxiety is the feeling of nervousness or worry about something.

Example: You have a big test coming up that you are worried about.

When you feel anxious, you may spend a lot of time thinking or worrying, and even have trouble sleeping.

If you're feeling anxious, pause and check out the mindfulness tools on the cards in this deck and find one that works for you!

Remember, everyone feels anxious sometimes!

SADNESS

What is sadness?

Sadness is a feeling of unhappiness that comes when something happens that you don't like.

Example: Your friend has moved away to another town.

Feeling sad may make you want to cry, feel like you don't have much energy, or want to be left alone.

If you're feeling sad, pause and check out the mindfulness tools on the cards in this deck and find one that works for you!

Remember, everyone feels sad sometimes!

FEAR

What is fear?

Fear is an intense emotion that comes when you feel like something bad might happen.

Example: It's night time and a noise in your house scares you.

Being fearful may make your heart beat quickly or make you feel shaky. Sometimes you may want to hide.

If you're feeling fearful, first make sure that you are safe. If you are safe but still feeling fearful, check out the mindfulness tools on the cards in this deck and find one that works for you!

Remember, everyone feels scared sometimes!

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SURPRISE

What is surprise?

Surprise is what you feel when something unexpected happens.

Example: You come home to find that your family has a new pet.

When you are surprised, you might feel shocked or confused. You can feel surprised by both good and hard things.

If you're feeling surprised, pause and check out the mindfulness tools on the cards in this deck and find one that works for you!

Remember, everyone feels surprised sometimes!

CYCLOPS

STRENGTH
Cyclops is very focused and doesn't let little things bother him.

MINDFULNESS TOOL
Listen to your favorite music, or make some music of your own.

FAIRY

STRENGTH
Fairy is light-hearted and happy, and always encourages others.

MINDFULNESS TOOL
Draw, paint, or do a craft project. Making art can improve your mood. (So can glitter!)

HAPPINESS

What is happiness?

Happiness is the feeling of joy or contentment.

Example: Your best friend is coming over to spend the day with you.

Happiness is great! You may feel like smiling, having fun, and behaving in a friendly way.

If you're feeling happy, be mindful of what caused you to feel this way. You can make a list of things that make you happy to revisit when your emotions aren't so good.

DRAGON

STRENGTH
Dragon is full of confidence and strength.

MINDFULNESS TOOL
Take several deep "dragon breaths" and let your mind and body relax.

GNOME

STRENGTH
Gnomes are hard workers and respectful to everyone.

MINDFULNESS TOOL
Create a "calm space" for yourself and enjoy some quiet time.

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GRIFFIN

STRENGTH
Griffin is courageous and known for being protective and powerful.

MINDFULNESS TOOL
Put your feelings into words. Start a journal or write a letter to share your thoughts.

MERMAID

STRENGTH
Mermaid is persistant and keeps trying even when life is difficult.

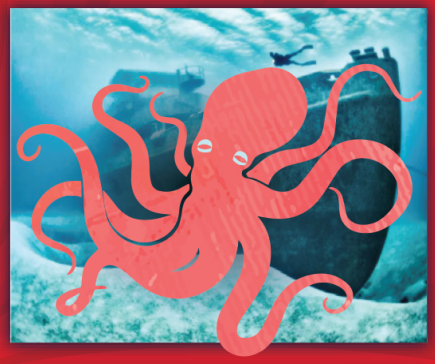
MINDFULNESS TOOL
Do something physical like taking a walk or playing a sport. You can even go for a swim!

UNICORN

STRENGTH
Unicorn is one-of-a-kind and is always comfortable being themselves.

MINDFULNESS TOOL
Think of kind things that a friend or family member has said about you before. You are special and loved!

KRAKEN



STRENGTH
Kraken is mysterious, thoughtful, and full of surprises.

MINDFULNESS TOOL
Ask a loved one for a hug if you'd like it! Hugs reduce stress, so squeeze with all 8 tentacles!

PHOENIX

STRENGTH
Phoenix has been through tough times but always rises again.

MINDFULNESS TOOL
Stretch your body! Stretching can reduce tension and stabilize your mood.

YETI

STRENGTH
Yeti is resourceful and independent, and can adapt to any situation.

MINDFULNESS TOOL
Enjoy nature! Climb a tree, look at rocks, or plant some flowers.

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