

wellness: the rpg

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a 43beans joint

⇒ wellness: the rpg ⇐

wellness is a lil rpg (my first!) that helps you stay ok when working. it's pretty simple i think... we'll see.

⇒ Rules ⇐

For **wellnessrpg** you'll need 2 six-sided dice (d6). Roll them both, then check the table below for what you should do based on what they're divisible by. If your roll is divisible by more than one, you can choose:

- Choose the higher factor.
- Choose which factor appears most in the prime factorization of your dice roll.
- Pick whichever is your favorite!
- Do all of the ones that can factor into your dice roll.

Repeat this game until you feel better. I recommend setting a timer or rolling 2d6 whenever you complete a Work Task.

⇒ Stats ⇐

This game has a few stats that can modify gameplay:

STRESS_MULTIPLIER

How stressed you are right now.

Stress Level	Multiplier
Not stressed / normal work stress	1
A bit piqued	2
Freaking out	3
More ? Oh no	Your choice — and good luck <3

TABLE 1: STRESS_MULTIPLIER

⇒ Dice roll table ⇐

Divisor	Dice roll(s)	What to do
2	2, 4, 6, 8, 10, 12	Drink water
3	3, 6, 9, 12	Get up and stretch for $d6 * \text{STRESS_MULTIPLIER}$ minutes
5	5, 10	Box breathe x $4 * \text{STRESS_MULTIPLIER}$ times
7	7	Take a lap x STRESS_MULTIPLIER
11	11	Sit, close eyes, chill for $d6 * \text{STRESS_MULTIPLIER}$ minutes

TABLE 2: Dice roll divisors and meanings