

## wellness d12: a game

*dozens*

a *43beans* joint

### ⇒ **How To Play** ⇐

You will need one twelve sided dice. Whenever you think about the game, or whenever you notice yourself getting stressed, or every thirty minutes, roll your twelve sided dice. Look up the result on the Wellness Table.

NOTE:

Some numbers are present in more than one category. This means you get to choose the result you want. (Or the result you don't want, but need.)

### ⇒ **Wellness Table** ⇐

<b>d12</b>	<b>Category</b>	<b>Result</b>
2, 3, 5, 7, 11	prime	breath and meditation
3, 6, 9, 12	unit of 3	physical activity
4, 8, 12	unit of 4	set and setting
5, 10	unit of 5	massage and self soothing
1	1	ONE

### ⇒ **Example Activities** ⇐

Breath and meditation

box breathing; interrupted inhale breathing; slow count to ten; finger tracing breath; peaceful visualization; gratitude; mindfulness; body scan

Physical activity

short walk; standing stretch; balance exercise; drink water; seated stretch

Set and setting

tidy up your space; listen to a favorite song; go get some sunshine; look at something far away; say hi to a friend

Massage and self soothing

take a short nap; have a tasty treat; massage your hands and roll out your wrists; neck rolls clockwise and anticlockwise; massage your temples and wrists.

ONE

a powerful result. take the rest of the day off, or roll again.