

# wellness

*a 43beans joint*

## ⇒ Preface ⇐

Welcome to *wellness*! This is a short compilation of small games about pausing to take care of yourself. It was originally conceived of by acdw<sup>1</sup> and developed by 43beans<sup>2</sup>.

You will find three small, one-page games in this volume:

- ☞ **Wellness d66:** A game that requires two six-sided dice and provides 36 activities.
- ☞ **Wellness d12:** A game that requires one twelve-sided die and suggests a few sample activities based on the die roll.
- ☞ **Wellness Lite:** Requires two coins.

They are all essentially the same game, differing only slightly in the effort required and materials needed to play them. So you can choose which to play based on your energy, surroundings, and other circumstances.

*Wellness d66*, for example, requires almost no effort because you don't have to think up any activities; they are provided for you. But you have to have two dice on you, and the paper in order to look up your rolls.

*Wellness Lite*, on the other hand, can be played anywhere, with no additional materials (besides two coins). But you might have to think up some activities on your own.

Finally, *Wellness d12* occupies the middle ground. You can commit its rules to memory after playing a few times. And after doing so you only need a twelve-sided die to play.

It is my sincerest hope that this game brings you peace and comfort and wellness.

dozens  
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<sup>1</sup> totally awesome and a friend to animals. Check him out at <https://www.acdw.net/>

<sup>2</sup> a hacker collective based on friendship: <https://codeberg.org/43beans/>  
<https://43beans.itch.io/>