



SENIOR MIND PACK

Senior Mind Pack contains 52 cards with different themes dealing with mental wellbeing. It is aimed at older people, but can also be used by professionals and volunteers working with them. The Pack was created in cooperation with older adults.

Senior Mind Pack is based on positive psychology and a solution-focused and meaning-centred approach. The cards offer many perspectives on mental resources, strengths and skills, as well as providing inspiration to enhance mental wellbeing by presenting information and practice exercises. The cards are illustrated with beautiful nature photos, and they can be used both in groups and individually.

Each card has ideas to think about and exercises to try. This structure is used in order to evoke thoughts and discussions, and to give practical tasks and exercises for daily use.



TAKING STOCK OF YOUR LIFE SKILLS

Consider

Retirement is an opportunity to harvest your own life skills. What kind of life skills have your life experiences taught you and brought to you?

Try

Write down a life lesson that helps you maintain and enhance your wellbeing. Put it up on the wall to remind yourself, or store it for later use.



WHAT ARE YOU GOOD AT?

Consider

Everybody has strengths and skills. Recognize your own strengths and appreciate them. What things are you good at? What skills of yours have others appreciated?

Try

Make a list of skills that you are good at. Ask your family and friends to describe your strengths and skills. Are there differences between your opinions and those of others?



REINFORCING THE GOOD

Consider

Think of the things that bring you joy and recall a pleasant memory. Relive what you heard, saw and tasted. What scents and bodily sensations were connected to that experience? Repeat and enjoy your good feeling in that moment.

Try

Write down a list of things and events – past and present, daily and special – that give you strength and bring you joy. You can also write down happy expectations and important future events.



EVERYDAY RESOURCES

Consider

There are many things in life – both small and large – that give us pleasure and strength. Where do you find inspiration, meaning and joy in your daily life?

Try

For one week, write down a list of things you like in your living environment and in your life. List as many things you can think of. Store the list and pick it up when you feel you need a reminder of these things.