



Look after yourself

ንነፍሰሽ ተኸናኸን



Do something relaxing

ሓደ ቁጽሪ(ኤ) ጦር - ዘዛንይ ነገር ግብር



Look after yourself

ንነፍሰኻ ተኸናኸን



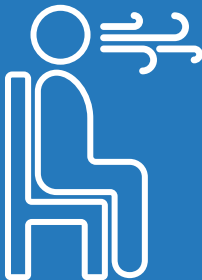
Do some exercise

እተወሰነ ምዕራብዎስ ኣካላት ግበር



Look after yourself

ንነፍሰሽ ተኸናኸን



Take some slow, deep breaths

ቀስ ኢልካ ኣዕሚቕካ እስትንፋስ ውሰድ



Look after yourself
ንነፍሰሽ ተኸናኸን



Have a change of scenery
ለውጤት ትርጉም ይሃልኝ



Look after yourself

ንነፍሰሽ ተከናኸን



Stretch

ዝርጋሐ ምጠት



Look after yourself

ንነፍሰኻ ተከናኸን



Freshen up

ዕረፍቲ ምርካብ



Look after yourself

ንነፍሰሽ ተኸናኸን



Go out in nature

ናብ ተፈጥሮ ውጻእ



Look after yourself

ንነፍሰሽ ተኸናኸን



Eat something

ገለ ነገር ብላዕ



Look after yourself

ንነፍሰሽ ተኸናኸን



Enjoy a hot drink

ውዑይ መስተ ስተ



Look after yourself

ንነፍሰሽ ተኸናኸን



Take a nap

ቀምታ ውሰድ



Look after yourself

ንነፍሰኻ ተከናኸን



Go for a walk

ንእግሪ ጉዕዞ ኸዲ



Look after yourself

ንነፍሰኻ ተከናኸን



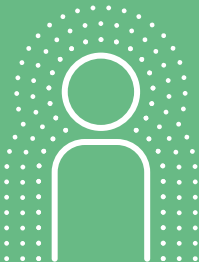
Drink some water

እተወሰነ ማይ ስተ



Look after yourself

ንነፍሰሽ ተኸናኸን



Notice what you can sense,
inside and out

ብውሽጥን ብደገን እንታይ ክስመዓካ
ከም ዝኸእል ኣስተብህል



A

Connect
ርክብ ግበር



Be mindful, meditate or pray

አስተውዳሊ, ኩን ፡
አስተንትን ወይ ጸሊ,



2

Connect
ርክብ ግበር



Ask for information
ሓበሬታ ስተት



3

Connect
ርክብ ግበር



Try something you've
never done before

ቅድሚያ ለማድረግ ግንኙነት
ዘይትፈልግ ነገር ፈትን



4

Connect
ርክብ ግበር



Smile at someone
or something

ንሓደ ሰብ ወይ ገለ ነገር ፍሽኽ ምባል



5

Connect
ርክብ ግበር



Do a kind thing for someone

ንሓደ ሰብ ሕያውነት ግበረሉ



6

Connect
ርክብ ግበር



Talk to someone

ምስ ሓደ ሰብ ተዘራረብ



7

Connect
ርክብ ግበር



Ask for a helping hand
ሓገዝ ክወሃበካ ሕተት



8

Connect
ርክብ ግበር



Send thanks or
appreciation to someone

ንሓደ ሰብ ምስጋና
ወይ ምሳ ልኡኽ



9

Connect
ርክብ ግበር



Spend time with
other people

ምስ ካልኣት ሰባት ግዜ ኣሕልፍ



10

Connect
ርክብ ግበር



Have some quiet time

ሁዳኦስ ግዜ ይሃሉኝ



Connect
ርኩብ ግበር



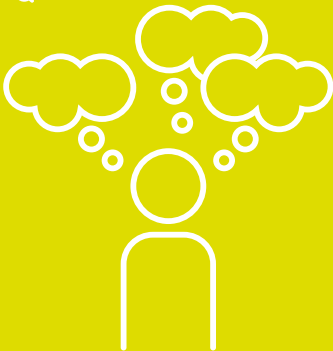
Talk to yourself like
a treasured friend

ከም ሓደ ክቡር ዓርክኻ
ምስ ርእሰኻ ተዛረብ



Q

Connect
ርክብ ግበር



Watch your thoughts go by
ሓሳባትካ ክሓልፍ ከሎ ተዓዘብ



K

Connect
ርኩብ ግበር



Spend time with an animal

ምስ እንስሳ ግዜ ኣሕልፍ



A

Get clear

ንጹር ምዃን



Make a list of all the
things you need to do

ኩሉ ክትገብርዎ ዘለካ
ነገራት ዝርዝር ኣውጽእ



2

Get clear

ንጹር ምኞት



Set an achievable goal

ክብደት ዝኸለል ሸቶ ኣቕምጥ



3

Get clear

ንጹር ምኞት



Take one small step
towards a goal

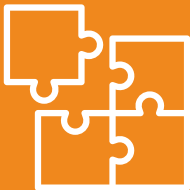
ናብ ሽቶ ንምብጻሕ ሓደ
ንእሽተይ ስጉምቲ ውሰድ



4

Get clear

ንጹር ምዃን



Complete an unfinished task

ዘይተዛዘመ ዕዮ ፈጽሞ



5

Get clear

ንጹር ምዃንን



Rearrange your space

ቦታዎን አተዓራርቶ



6

Get clear

ንጹር ምዃን



Tackle something
you've been avoiding

ነቲ ክትርሕቕ
ዝጸናሕካ ነገር መክቶ



7

Get clear

ንጹር ምዃን



Take a break

ዕረፍቲ ውሰድ



8

Get clear

ንጹር ምዃን



Go offline for a while

ንእተወሰነ እዋን ካብ
መስመር ወጺኢ ውሰድ



9

Get clear

ንጹር ምዃን



Clean or tidy something

ንሓደ ነገር አጽርይ ወይ አጽፍፍ



10

Get clear

ንጹር ምኞን

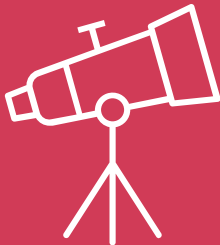


Notice what you can
and can't control

እንታይ ክትቆጸጸር
ከም እትክእልን ከም
ዘይትክእልን ኣሰተውዕል



Get clear
ንጹር ምዃን



Step back and look from
a different perspective

ንድሕሪት ተመሊስካ
ብኻልእ ኣረኣያ ርኣ



Q

Get clear

ንጹር ምዃን?



Make a plan of action

ናይ ስራሕ ውጥን ኣውጽእ



K

Get clear

ንጹር ምዃንን



Go out of your comfort zone

ካብቲ ምቹእ ዞባኻ ውጸእ



Express yourself
ንርእሰኝ/ ሓሳባትካ ግለጽ



Watch or listen to
something inspiring

ገለ ዘነቓቕኡ ነገር ርኣይ ወይ ስምዑ



2

Express yourself

ንርእስኻ/ ሐሳባትካ ግለጽ



Remind yourself that it's
ok not to feel ok

ጽቡቆች ከይስምዓካ ጸገም ከምዘይብሉ
ንኑብስኻ ኣዘኻኽራ



Express yourself

ንርእሰኝ/ ሓሳባትካ ግለጽ



Have a cry

ብኸይ



Express yourself

ንርእስኻ/ ሓሳባትካ ግለጽ



Hug yourself, someone
or something

ንገዛእ ርእስኻ ንሓደ ሰብ ወይ
ገለ ነገር ሕቆፍ



Express yourself

ንርእስኻ/ ሐሳባትካ ግለጽ



Notice three things
you're grateful for

እተመስግነሎም ሰለሰተ
ነገራት ኣስተውዕል



6

Express yourself

ንርእስኻ/ ሓሳባትካ ግለጽ



Make or listen to music

መዝሙር ምግባር ወይ ምስማዕ



Express yourself

ንርእሰኝ/ ሓሳባትካ ግለጽ



Name the emotion
you're feeling

ነቲ ዝስምዓካ ዘሎ ስምዒት ስመዩ



8

Express yourself

ንርእስኻ/ ሓሳባትካ ግለጽ



Dance

ሳዕስዕ



Express yourself
ንርእሰኝ/ ሓሳባትካ ግለጽ



Express yourself in writing
ርእሰኝ ብጽሑፍ ግለጽ



10

Express yourself

ንርእሰኻ/ ሓሳባትካ ግለጽ



Read

ኢንብብ



Express yourself

ንርእስኻ/ ሓሳባትካ ግለጽ



Express yourself visually

ንርእስኻ ብዓይኒ ግለጽ



Express yourself

ንርእሰኻ/ ሓሳባትካ ግለጽ



Sing

ድረፍ



Express yourself
ንርእሰኻ/ ሓሳባትካ ግለጽ



Make something
with your hands

ብኢድካ ገለ ነገር ግበር

J
O
K
E
R

AmikoCards.com



Say yes to something

ንሓደ ነገር እወ ምባል

J
O
K
E
R

AmikoCards.com



Say no to something

ንሓደ ነገር አይፋል ምባል

B
O
N
U
S

AmikoCards.com



Do something you
know you enjoy

እትሕገ-ሰሉ ነገር ግበር

አሚኮ ካርድታት

ሰላም፣ እንቋዕ ብደሐን መጻእኩም

አሚኮ ካርድታት አካላውን አእምሮአውን
ጽቡቆች ህይወትን ግምዕባይ ቀለልትን አብ
ጭብጢ ዝተመርኮሱን መገድታት አለዎም።
ንሳቶም ንንፈልጦም ሓገዝቲ ነገራት፣ ጽቡቆት
መዘኻኸሪ እዮም፡ መብዛሕትኡ ግዜ ግን
ክንርስዖም ንክእል።

ነተን ካርድታት ንምጥቃም፡ አብተን ካርድታት
ርአ እም ሕተት።

አብዚ ሕጂ እዋን እንታይ ምሓገዝ?

ሓንቲ ካርድ ወይ ሓያሎ ምረጽ፡ እቲ
ምርጫ ናትካ እዩ። እቲ ዕላማ ደው ኢልካ፡
ኣብቲ ህምት እቲ ጽቡቕ ዝስምዓካ ነገር
ከተስተብህልን ክትገብርን ጥራይ እዩ።

ምስ ነፍሲ ወከፍ ካርድ ዝተኣሳሰር እዋናዊ
መጽናዕቲ ንምርካብ፡ ተወሳኺ ሺድዮታት፡
ፖድካስትታት፡ ጽሑፋትን ሓሳባት ናይ
ክትፍትኖም እትደሊ ነገራትን ንምርካብ፡
በጃኹም ኣብ AmikoCards.com ተወከሱ።

ኣሚኮ ካርድታትኩም ከተስተማቕሩ ተስፋ
እገብር። መልእኽቲ ጽሑፋለይ፣ ከመይ
ደሰርሑልካ ከም ዘለዉ ክፈልጥ ደስ ምበለኒ።



Katie Elliott

katie@amikocards.com

AmikoCards™



Hello and welcome!

Amiko Cards feature simple, evidence-based ways to boost physical and mental wellbeing. They're a friendly reminder of the helpful things we know, but can often forget.

To use the cards, look through the deck and ask:

What would help right now?

Pick one card or several: the choice is yours. The aim is simply to pause, notice what would feel good in the moment, and do it.

To find the latest research relating to each card, plus videos, podcasts, articles and suggestions of things to try, please visit **AmikoCards.com**

I hope you enjoy your Amiko Cards. Do drop me a line - I'd love to know how they're working for you.

A handwritten signature in black ink that reads "Katie". The script is fluid and cursive, with a large initial 'K' and a trailing flourish.

Katie Elliott
katie@amikocards.com

AmikoCards™



Bright Path Futures
ብሩህ መንገድ, መጻኢ ታት



UNIVERSITY OF
LEICESTER