

## HOUSEHOLD CHORES

- COST: -1 
- POINTS: +1

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- COST: -1 
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## SCHOOL ASSIGNMENT

- COST: -2 
- POINTS: +3

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## SCHOOL ASSIGNMENT

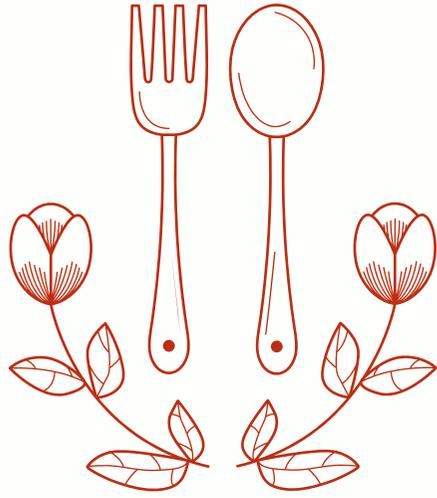
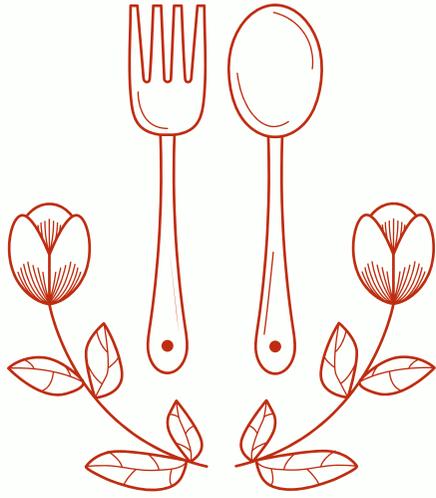
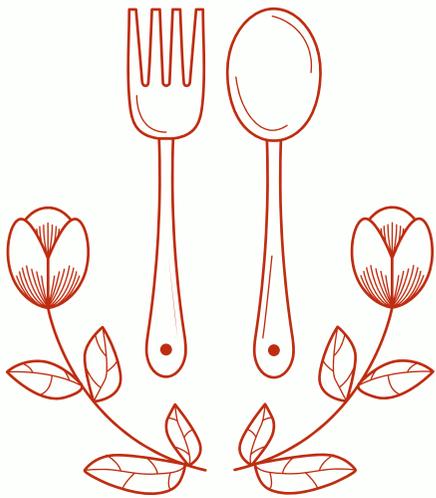
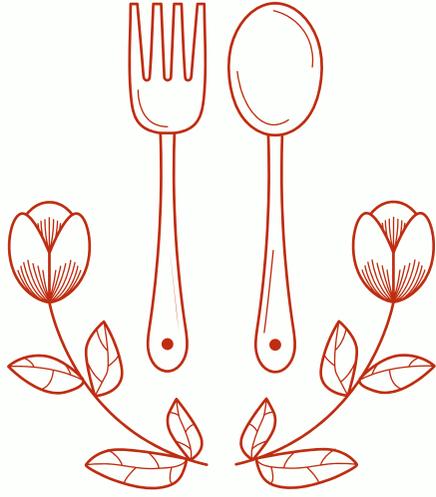
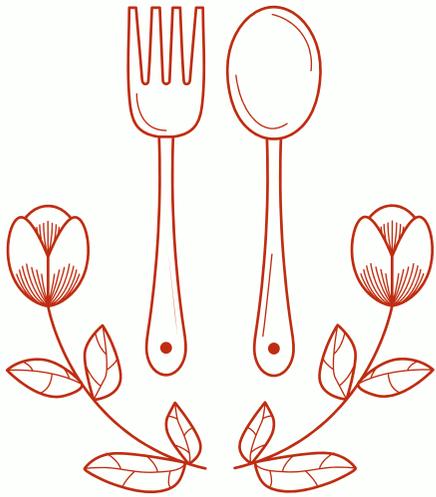
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## WORK DEADLINE

- COST: -3 ⚡
- POINTS: +4

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## MINDFULNESS BREAK

- RESTORE: +1 ⚡
- SHIELD: IGNORE  
THE NEXT -1 ⚡  
LOSS THIS ROUND

## MINDFULNESS BREAK

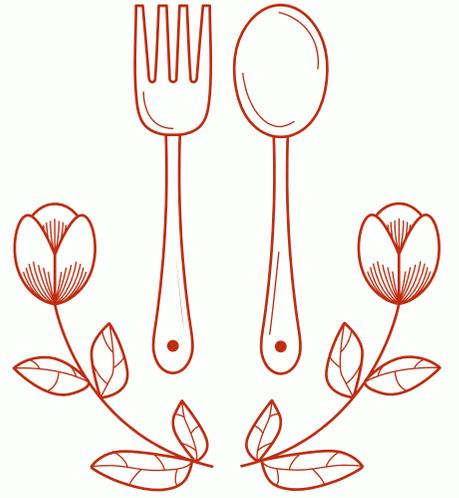
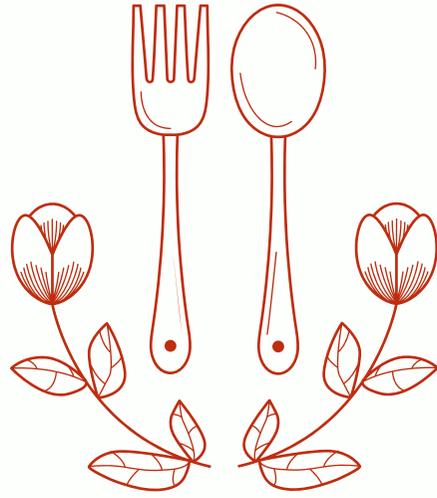
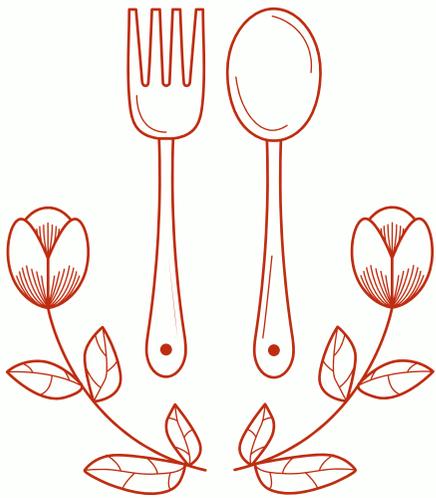
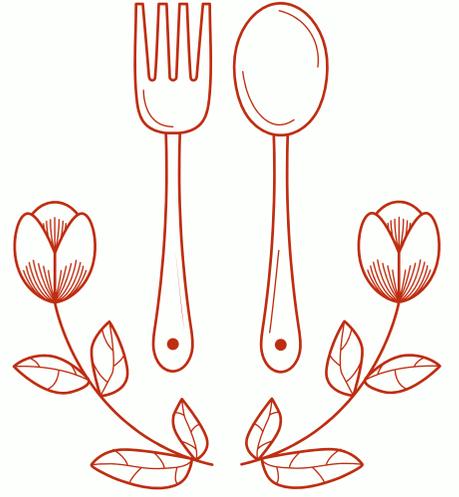
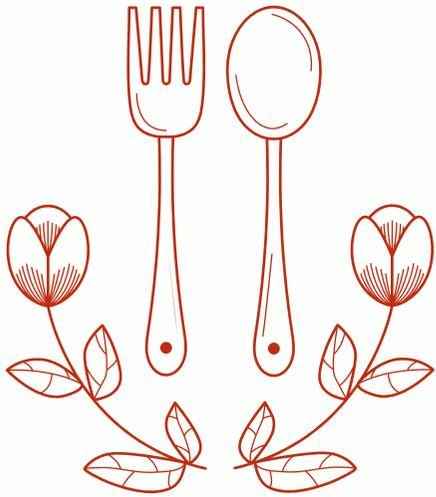
- RESTORE: +1 ⚡
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THE NEXT -1 ⚡  
LOSS THIS ROUND

## MINDFULNESS BREAK

- RESTORE: +1 ⚡
- SHIELD: IGNORE  
THE NEXT -1 ⚡  
LOSS THIS ROUND

## EXERCISE

- RESTORE: +2 ⚡
- BONUS: IF  
PLAYED AFTER A  
TASK THIS  
ROUND, GAIN +1  
EXTRA ⚡



## EXERCISE

- RESTORE: +2 
- BONUS: IF PLAYED AFTER A TASK THIS ROUND, GAIN +1 EXTRA 

## GOOD NIGHT'S SLEEP

- RESTORE: +3 
- LIMIT: CANNOT EXCEED 10 SPOONS

## FRIEND CHECK-IN

- EFFECT: CANCEL UP TO -2  FROM A STRESS CARD
- SHARE: YOU MAY GIVE THIS CARD TO ANOTHER PLAYER INSTEAD OF USING IT

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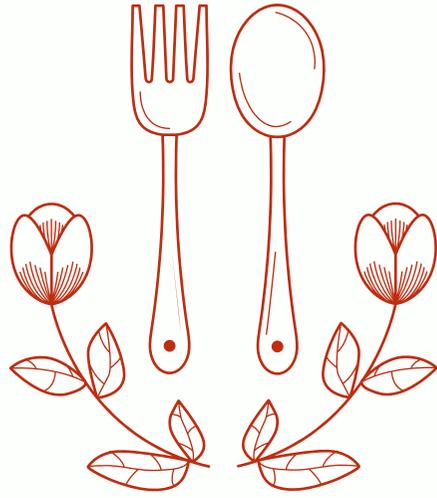
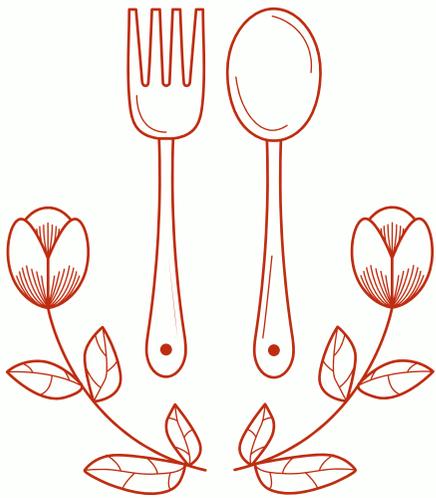
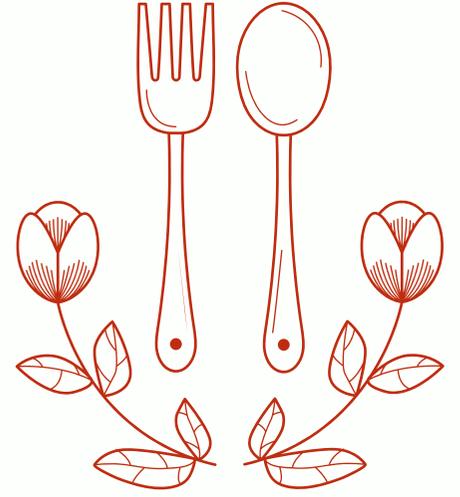
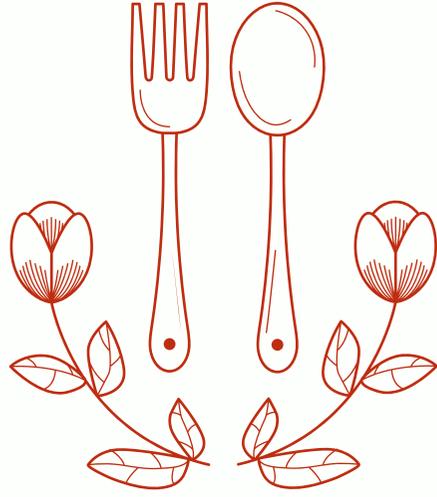
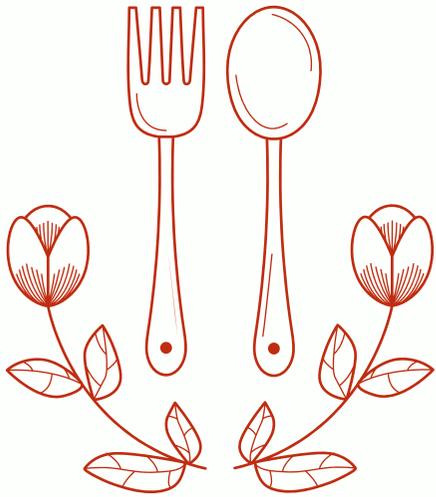
- RESTORE: +3 
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## FRIEND CHECK-IN

- EFFECT: CANCEL UP TO -2  FROM A STRESS CARD
- SHARE: YOU MAY GIVE THIS CARD TO ANOTHER PLAYER INSTEAD OF USING IT

## STUDY GROUP

- EFFECT: REDUCE THE COST OF A TASK BY -1 
- SHAREABLE



## STUDY GROUP

- EFFECT: REDUCE THE COST OF A TASK BY -1 ♣
- SHAREABLE

## THERAPY SESSION

- EFFECT: CANCEL ANY ONE STRESS CARD
- RESTORE: +1 ♣

## ANXIETY SPIRAL

- EFFECT: -2 ♣
- IF UNSUPPORTED: -3 ♣ INSTEAD

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## UNEXPECTED EVENT

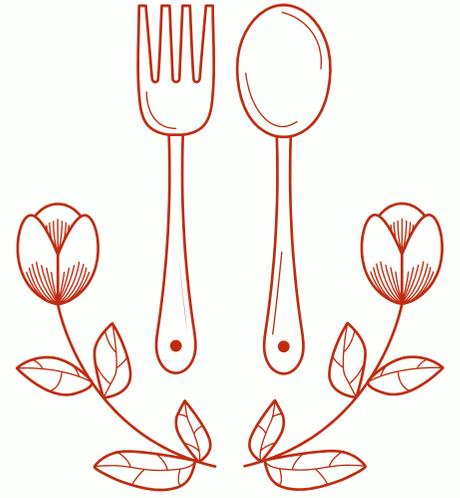
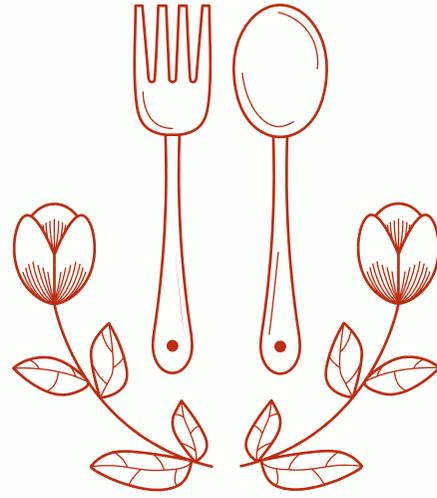
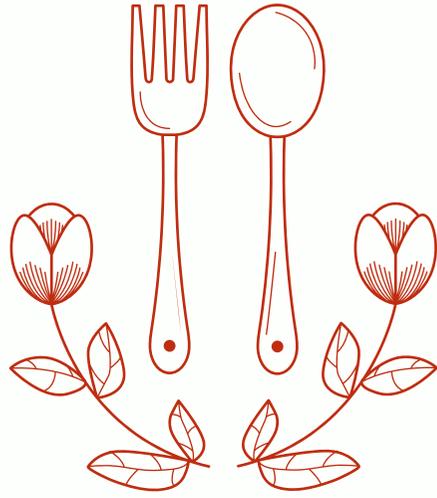
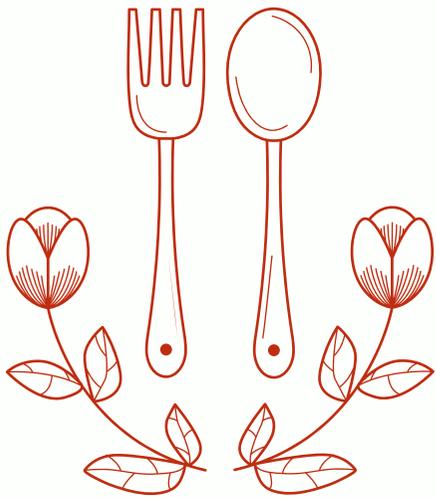
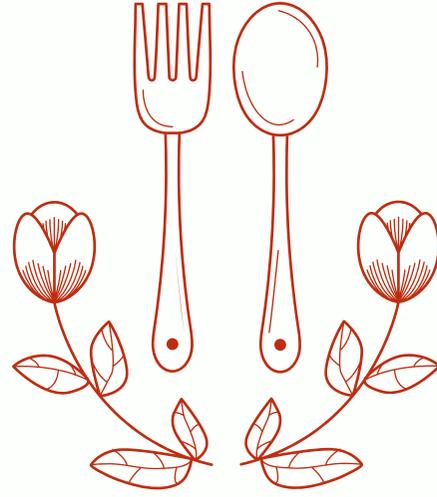
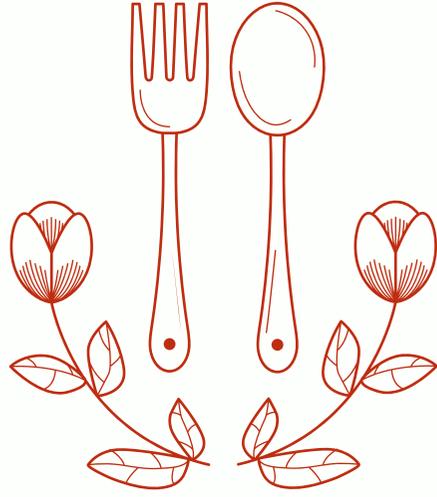
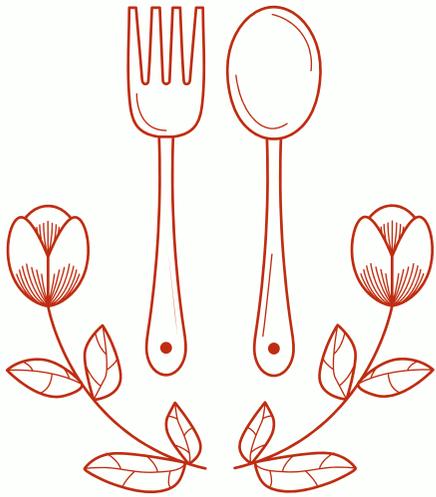
- EFFECT: -2 ♣
- OPTION: DISCARD ONE SELF-CARE CARD TO REDUCE LOSS TO -1 ♣

## UNEXPECTED EVENT

- EFFECT: -2 ♣
- OPTION: DISCARD ONE SELF-CARE CARD TO REDUCE LOSS TO -1 ♣

## OVERCOMMITMENT

- EFFECT: -3 ♣
- HELP RULE: ANOTHER PLAYER MAY GIVE YOU A SUPPORT CARD TO REDUCE LOSS TO -1 ♣
- IF NO HELP: GAIN 1 SPOON DEBT



## WORK DEADLINE

- COST: -3 
- POINTS: +4

## SCHOOL ASSIGNMENT

- COST: -2 
- POINTS: +3

## HOUSEHOLD CHORES

- COST: -1 
- POINTS: +1

## EXTRA SHIFT

- COST: -4 
- POINTS: +6
- PENALTY: IF THIS CAUSES SPOON DEBT, GAIN 0 POINTS INSTEAD.

## GOOD NIGHT'S SLEEP

- RESTORE: +3 
- LIMIT: CANNOT EXCEED 10 SPOONS

## EXERCISE

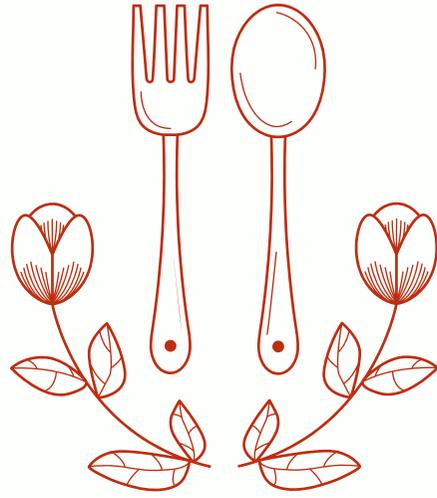
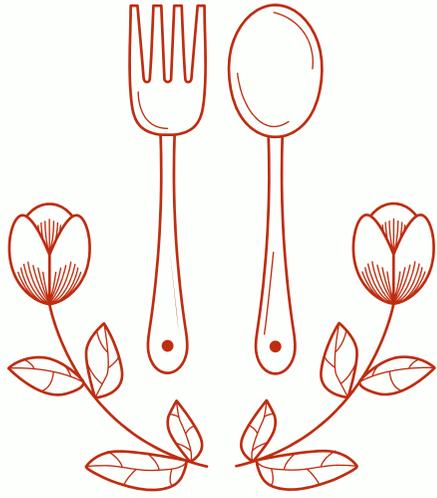
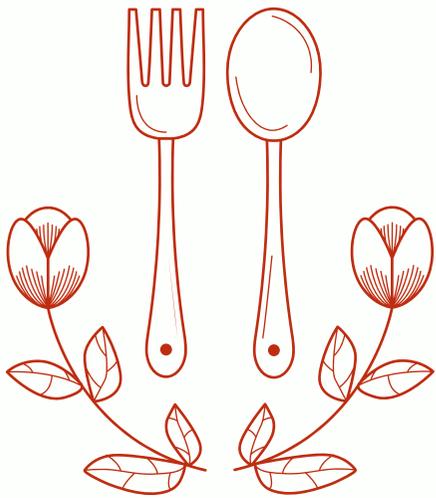
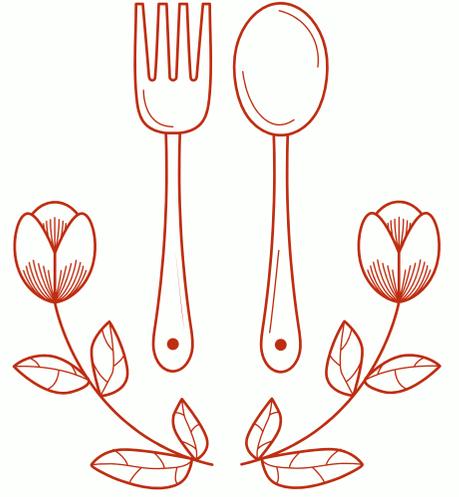
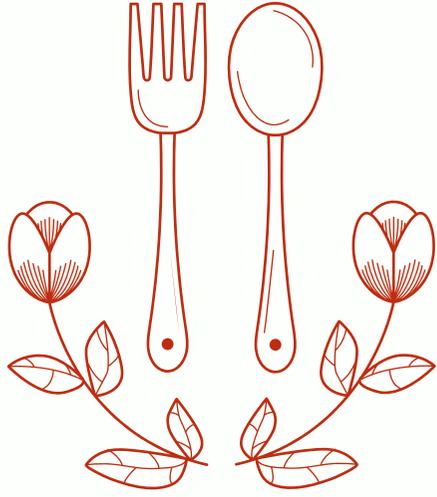
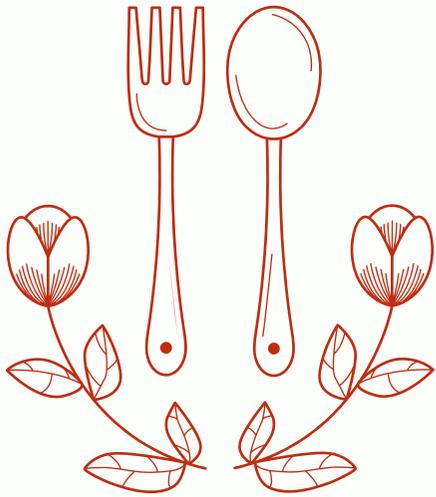
- RESTORE: +2 
- BONUS: IF PLAYED AFTER A TASK THIS ROUND, GAIN +1 EXTRA 

## MINDFULNESS BREAK

- RESTORE: +1 
- SHIELD: IGNORE THE NEXT -1  LOSS THIS ROUND

## DAY OFF

- RESTORE: +4 
- RESTRICTION: YOU MAY NOT PLAY A TASK CARD NEXT ROUND



## FRIEND CHECK-IN

- EFFECT: CANCEL UP TO -2 ⚡ FROM A STRESS CARD
- SHARE: YOU MAY GIVE THIS CARD TO ANOTHER PLAYER INSTEAD OF USING IT

## THERAPY SESSION

- EFFECT: CANCEL ANY ONE STRESS CARD
- RESTORE: +1 ⚡

## FAMILY SUPPORT

- EFFECT: SPLIT A STRESS PENALTY BETWEEN YOU AND ANOTHER PLAYER
- NOTE: BOTH PLAYERS MUST AGREE

## STUDY GROUP

- EFFECT: REDUCE THE COST OF A TASK BY -1 ⚡
- SHAREABLE

## ANXIETY SPIRAL

- EFFECT: -2 ⚡
- IF UNSUPPORTED: -3 ⚡ INSTEAD

## UNEXPECTED EVENT

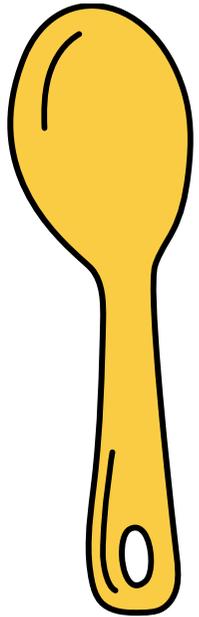
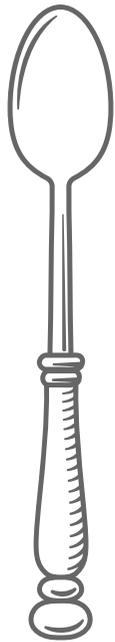
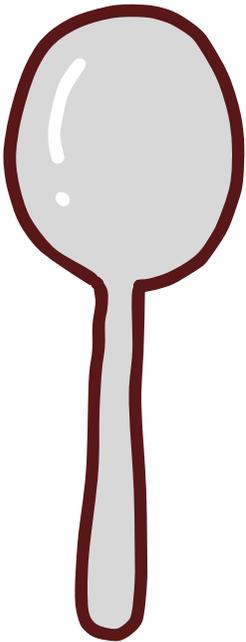
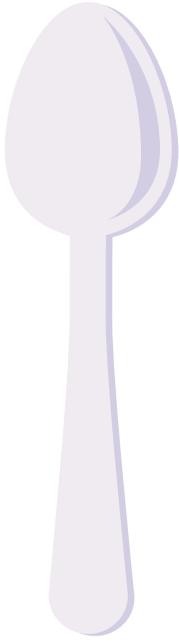
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## OVERCOMMITMENT

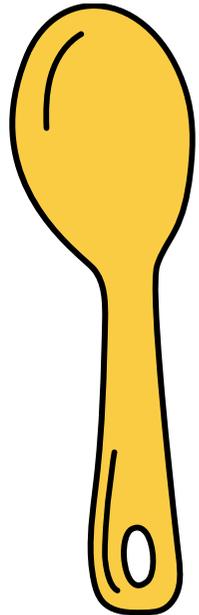
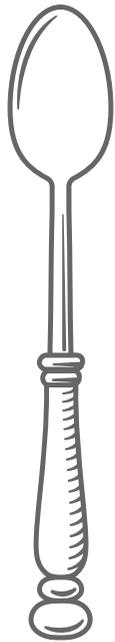
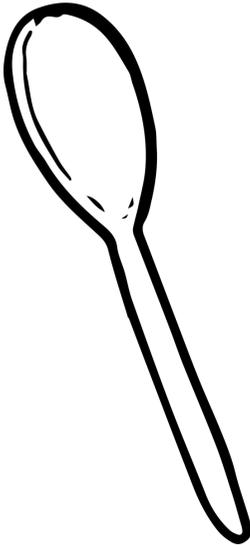
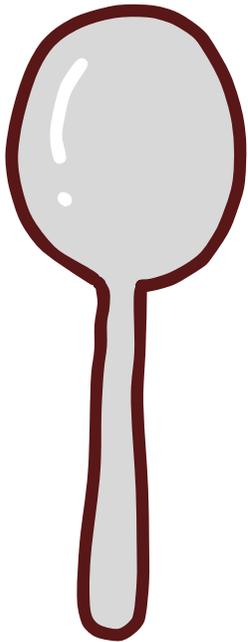
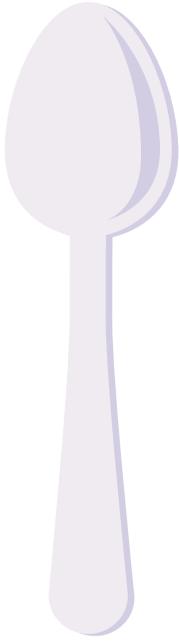
- EFFECT: -3 ⚡
- HELP RULE: ANOTHER PLAYER MAY GIVE YOU A SUPPORT CARD TO REDUCE LOSS TO -1 ⚡
- IF NO HELP: GAIN 1 SPOON DEBT

## BURNOUT WARNING

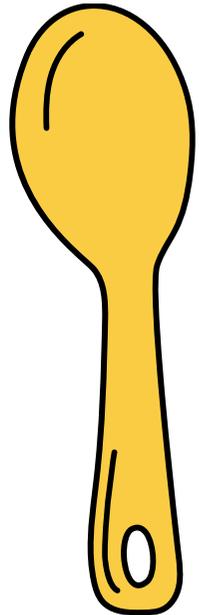
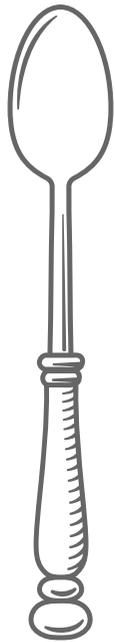
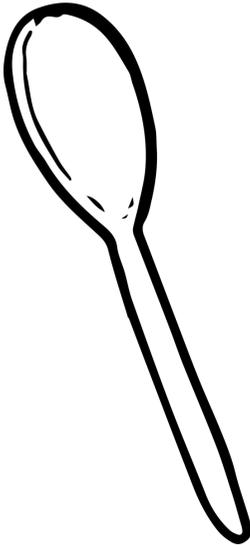
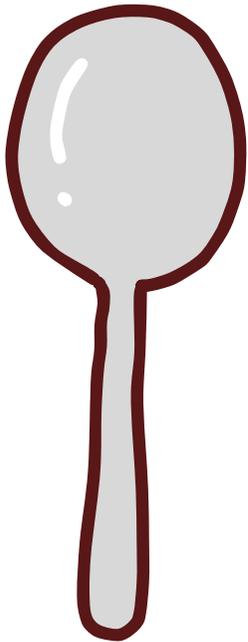
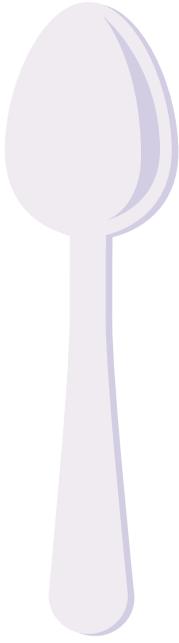
- EFFECT: IF YOU HAVE  $\leq 2$  ⚡, LOSE ALL REMAINING SPOONS
- PREVENT: ANY SUPPORT CARD CANCELS THIS



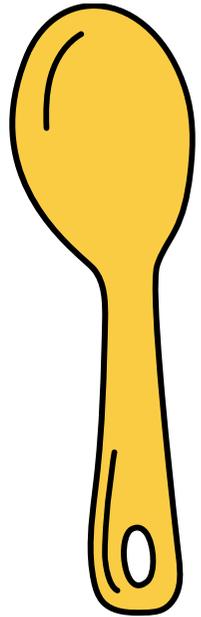
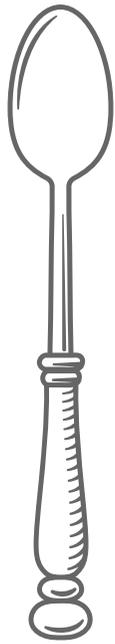
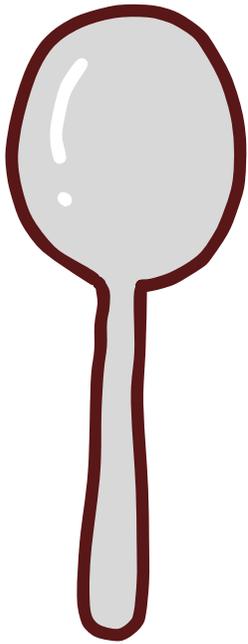
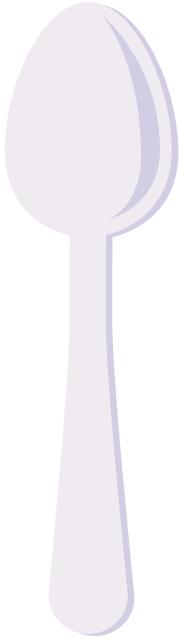




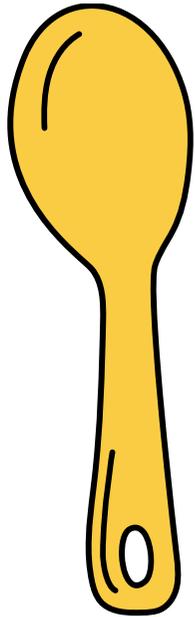
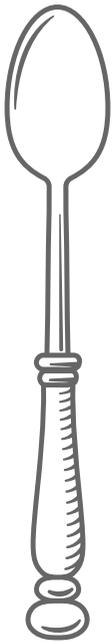
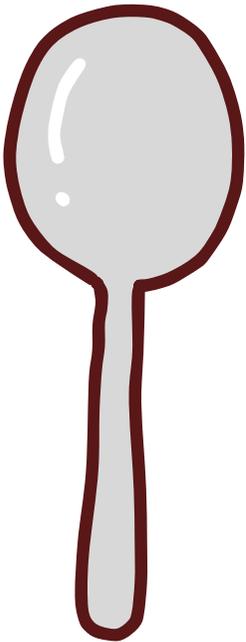
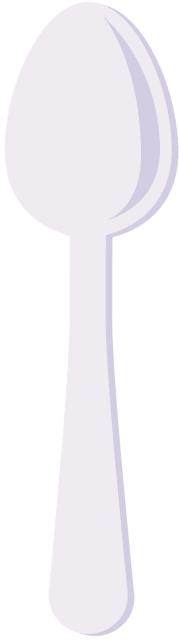














**Spoons**  
Tally Score

**Spoons**  
Tally Score