



## Can't read the tiny font on the cards themselves? Here is the larger font version!

The JumpStart cards are designed for use with adolescents and adults wanting to JumpStart or fine-tune their helpful thinking and physical habits for optimal wellbeing!

The cards are equally suitable for people with more established anxiety, depression, stress and distress symptoms.

All cards are based on well-established psychological theories including Cognitive Behaviour Therapy (CBT), Acceptance and Commitment Therapy (ACT), Positive Psychology and Mindfulness frameworks. Each of these approaches represents an internationally recognised, evidence based way of improving your mental healthiness!

There compact design makes the JumpStart cards discreet and portable enough to carry with you wherever you go, meaning you will have them accessible at the times you need them the most. Carry selected cards easily in your wallet or phone case or carry the whole pack in your bag, purse or backpack!

Each card features three eye-catching features - a memorable visual, a name for each habit or strategy and a brief but practical description aimed to improve retention of the key messages. Repeated practice and use of the strategy cards will help make useful strategies second nature!

### **Yellow cards (11 cards)**

These cards represent the physical signs of anxiety, stress and distress. They include some of the most common and often misunderstood physical signs indicating that your body is preparing to or has already entered fight or flight mode. Without a threatening context, these are the very real bodily signs of a false alarm.

### **Blue cards (25 cards)**

The blue cards represent unhelpful thinking habits typically associated with anxiety, depression and just feeling bad! They are a collection of the most common unhelpful thinking habits and patterns, many of which occur instantly and automatically, without conscious thought. These habits push us closer to fight or flight mode with just a few thoughts.

### **Purple cards (6 cards)**

These cards represent an assortment of proactive and reactive physical strategies that help "reset" your body thus helping it stay out of survival mode unnecessarily. These simple strategies can enhance our body's natural outlets for exiting stress chemicals and help prevent stress symptoms from building up.

### **Green cards (40 cards)**

The green cards represent some of our most powerful, untapped tools! These cards represent helpful and powerful thinking strategies and habits. Based on evidence based CBT, ACT, Positive Psychology and Mindfulness frameworks, these thinking habits and strategies offer alternative, helpful ways of thinking about yourself and the world, thus enhancing your ability to manage unhelpful stress and distress and literally change the way you think about thinking!

## **For individuals**

Use the yellow and blue cards to identify and monitor your most common physical signs of increased stress, distress and anxiety. Carry your own focus cards with you to best assist you in recognising and altering your automatic habits.

Use the purple and green cards to identify specify strategies and/or skills you want to learn or improve. Carry specific focus cards or carry the whole deck so you'll always have a strategy and a reminder how to use it when you need it most.

## **For clinicians**

Use the yellow and blue cards in sessions to assess and help clients recognise their personal helpful and unhelpful physical and thinking habits. Identify both strengths and areas for development. Use the cards to assist with psycho-education in a creative, engaging and memorable way. Send clients home with specific habits to monitor and report back on for homework or just to increase awareness.

Use the purple and green cards in sessions to educate and enhance your clients' repertoire of skills and to celebrate existing strengths and strategies. Assess and educate clients about powerful evidence based CBT, ACT, Positive Psychology and Mindfulness strategies. Send clients home with selected cards to remind them of newly learned techniques and to encourage practice. Send them home with a whole pack to help them maintain improvements and retain strategies long after counselling has finished.

## **Community**

Join the JumpStart card community online to find out how others are using their cards, celebrate victories, tell your stories, and to make suggestions for improvements (go to JumpStart Cards Community and JumpStart Cards for Clinicians on Facebook). Like a page and go into the draw for a free set of cards.

Visit our website and subscribe to our mailing list to receive information on card updates and other developing projects. You can also order more cards directly from us!

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[www.jumpstartpsychology.com/JumpStart\\_Cards.html](http://www.jumpstartpsychology.com/JumpStart_Cards.html)

**P.S. We discovered some typo's on our first run of cards!! Please accept my apologies as well as these replacement cards for those that contain errors.**

I hope that you enjoy your cards and are finding lots of creative uses for them!



Dr Vanessa Spiller