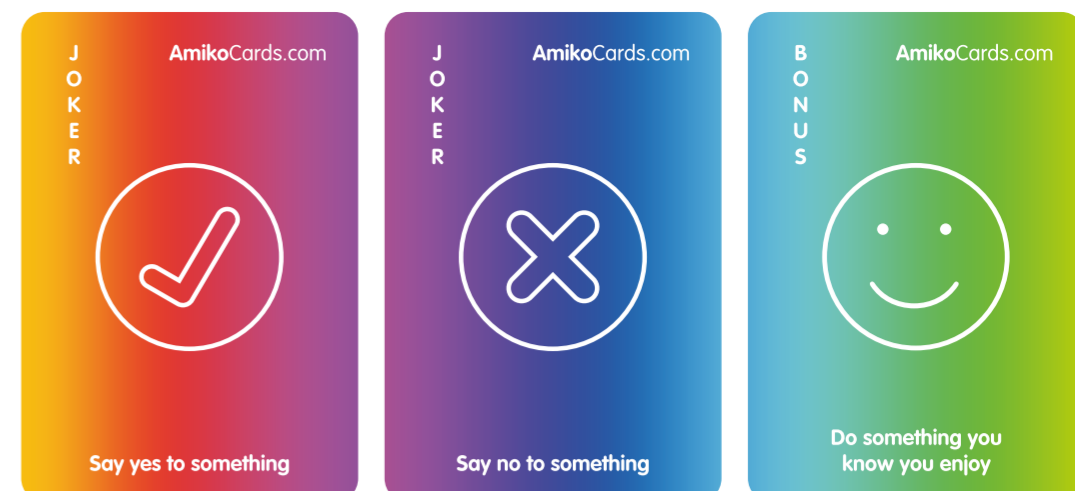


AmikoCards™



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

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