

Meltdowns & Mania

A cooperative game of emotional chaos and questionable coping skills.

Welcome to the Roller Coaster

Welcome to *Meltdowns & Mania*, the game where you and your friends try to survive a week on an emotional rollercoaster without losing all your marbles. You'll face mood swings, life choices, and the occasional crisis that makes you wonder why "game night" is your coping skill.

The good news? You're in it together. The bad news? So are your mood swings.

Game Components

Inside the box, you'll find everything you need for the week. Except snacks.

- 1 Day Tracker Board
- 5 Mood Tracker Boards
- 100 Life Choices Cards
- 150 Mood Swing Cards
- 5 Pill Tokens
- 16 Marbles
- 1 Day of the Week Token
- 1 Pill Bottle Token

Goal of the Game

Make it to the end of **Saturday** with at least one *Marble* left. That's it.

Setup

Each player grabs a *Mood Tracker Board* and one pill-shaped *Pill Token* (you'll need it to keep track of your "emotional stability," which is both a game mechanic and a lifestyle aspiration). Place the *Pill Token* on **Stable** to begin.

Shuffle the *Mood Swings*, *Shared Reality*, and *Life Choices* decks. Draw three *Shared Reality* cards and place them face up in the middle of the table. Deal each player three *Life Choices* cards to start. Place these face up beneath your *Mood Tracker*.

Place the *Day Tracker Board* in the middle of the table, with the *Day of the Week Token* on **Sunday**.

Place **15 Marbles** in the middle of the table. This is your collective sanity.

Whoever's holding the *Pill Bottle* starts the game. They're the emotional trendsetter of the day.

Morning: Mood Swings Begin

The player with the *Pill Bottle* starts the day by drawing a *Mood Swing* card and following its consequence.

Play continues clockwise, with each player drawing their own *Mood Swing* card and embracing whatever disaster it brings.

Afternoon: Shared Reality

Choose one of the three face up *Shared Reality*

cards. This card's effect lasts until the end of the day. Redraw to 3.

Evening: Life Choices Phase

Once the chaos completes a full circle, each player, one by one, plays a *Life Choice* card. Skipping isn't allowed — real life doesn't just stop happening.

After playing a card, draw a new card. If you have fewer than 2 cards, redraw to 3. Continue clockwise, everyone plays once.

Emotional Extremes

If you're on **Depressed** or **Manic** and a card tells you to move further, stay put. You've hit emotional terminal velocity.

Ongoing Effects

If a card has a **Clock Icon**, keep it above your *Mood Tracker* until it is resolved.

Night: Scoring the Day

Now it's time to see how the group fared emotionally:

- Each **Stable** player loses **0 Marbles**.
- Each **Dysthymic** or **Hypomaniac** player loses **1 Marble**.
- Each **Depressed** or **Manic** player loses **2 Marbles**.

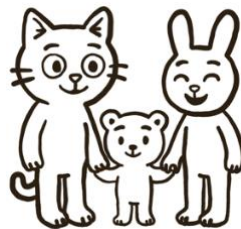
After scoring, move the *Day Tracker* to the next day, pass the *Pill Bottle* clockwise and begin again.

If your team ever runs out of *Marbles*, you all lose. Try again next week. Or after you emotionally recover.

If you make it through **Saturday** with at least one *Marble* left, congratulations - you've survived the week!!

Thank you!

Meltdowns & Mania was created with love, laughter, and mild emotional instability. Special thanks to my husband Travis, my number one supporter and fellow survivor of chaos. Thanks also to my amazing friends and family who play tested, brainstormed, and cheered me on, especially my parents. Extra thanks to Liz for the awesome tokens. They're small, mighty, and strangely cathartic to hold. Most of all thank **you** for playing! All support for *Meltdowns & Mania* goes towards our dream of starting a family.



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