



Meltdowns & Mania

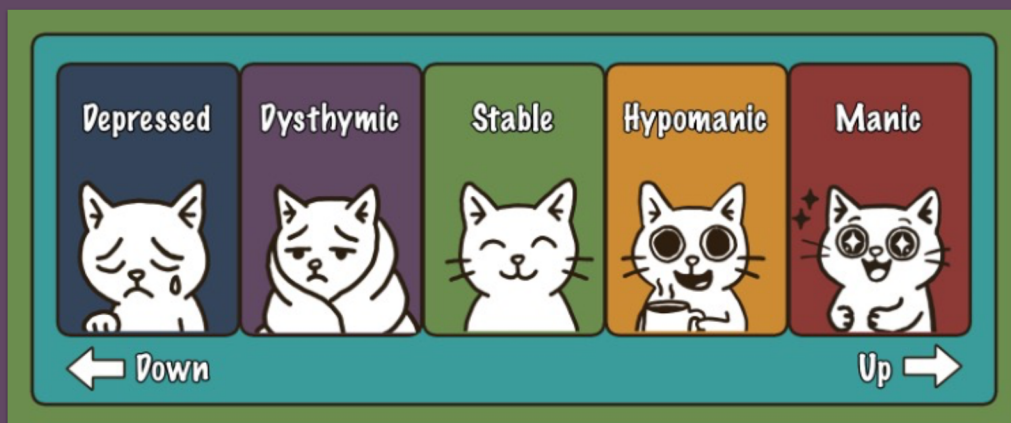


A cooperative game of emotional chaos
and questionable coping skills.

Overview

- Survive a week on an emotional rollercoaster without completely losing your marbles.
- Face mood swings. Endure reality. Make life choices.

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



👥 2-5 Players ⌚ 30 Minutes 🎯 Ages 14+ 💜 Cooperative Humor Game

How To Stay (Mostly) Stable

- Each day, draw a Mood Swing card.
 - Face the chaos.
- Play a Shared Reality card.
 - Because life is a group project.
- Make a Life Choice to help keep the team's emotions in check.
- Lose Marbles when things go south.
- Just try to survive until Saturday.



Why You'll Love It

- Play through real moods with surreal humor.
- Laugh through the chaos — together.
- Fast setup, easy to learn.
- Unique, illustrated cards.
- Cards everyone can relate to.
- Celebrate mental health awareness.



Thank you for considering Meltdowns & Mania!

- All support for Meltdowns & Mania helps us start our family. And continue therapy.
- Sarah Hubach (✉ Sarah@MeltdownsandMania.com | MeltdownsandMania.com | @MeltdownsandMania)