



01

TRUE OR FALSE

Self-Esteem is a feeling.

FALSE: it is a complex psychological construct composed by beliefs, emotions, behaviors!



02

TRUE OR FALSE

The set of beliefs that a person has about herself affects her ability to make decisions.

TRUE, it affects everything!



03

TRUE OR FALSE

When I fail to achieve a goal that I have worked so hard for; my self-esteem will always be damaged.

FALSE! You can choose how to respond!



04

TRUE OR FALSE

Being assertive means having in mind only my rights and take a stand for myself!

FALSE: It means to take into consideration our own rights, but also the rights of the other.



05

CHALLENGE

Not revealing the title, describe a film that, in your opinion, is a good example of a person overcoming a mental health issue. Other players have to guess. You have 2'.



06

CHALLENGE

The player next to you is having a bad day and starts to be aggressive with you. How would you respond in an assertive way?



07

CHALLENGE

With your body, create a short movement that represents "FAKE IT UNTIL YOU MAKE IT". All players must repeat the movement and say out loud "FAKE IT UNTIL YOU MAKE IT". You can use it regularly as a group motto to remind the importance of Self-Confidence.



08

CHALLENGE

Imagine that you are a statue, you need to close your eyes and follow other players indications to shape your body in a way that expresses "Self-Confidence". Then open your eyes and let them know what you felt and if you agree with the statue position. You have 2'.



09

CHALLENGE

In 1' draw which animal would you be, and the other players have to guess. After tell them why.



10

CHALLENGE

Ask for another player to tell you one of his/her dreams. In 1', you have to give him/her an advice/strategy to help him/her achieve it.

11



MULTIPLE CHOICE

Poor mental health increases the risk for physical conditions like:

- A) Heart disease;
- B) Cancer;
- C) Stroke;
- D) All of the above.**

12



MULTIPLE CHOICE

A good practice to strength our own self-esteem could be:

- A) To be perfectionist in everything we do;
- B) To ruminate on our failures in order to fix them;
- C) To have compassion towards ourselves when we are having a hard time.**

13



MULTIPLE CHOICE

When you find yourself suffering and feeling overwhelmed with thoughts, the reason might be because:

- A) You are controlled by thoughts;
- B) You are choosing to ruminate on your thoughts;**
- C) You are weak compared with thoughts.

14



MULTIPLE CHOICE

If I put always other people's needs before my own, it is probable that:

- A) I become a good person;
- B) I will end up feeling depressed or anxiety;**
- C) I will be liked for everyone;
- D) I will have a romantic partner sooner.

15



QUESTION

What can you do for a person facing a mental health problem?

Some examples: Being available to help; Support them in getting specialized treatment; Respect them; Don't Stereotype Mental Health

16



QUESTION

What could be an example of a good strategy to deal with self-critical thoughts?

Some examples: Accepting; Breathing; Positive Thinking;

17



QUESTION

What can prevent a person from having depression?

There is a lot you can do: Find ways to handle stress and improve your self-esteem. Take good care of yourself. Get enough sleep, eat well, and exercise regularly. Reach out to family and friends when times get hard...

18



QUESTION

What to do if you are experiencing serious depressive or anxious episodes?

You should ask for help to a psychologist or psychiatrist.

19



SHARE

Share with the other players, one quote that inspires you and why.

20



SHARE

Tell the other players something you feel proud about in your life.

21



SHARE

Usually, your friends say you are good at

22



SHARE

Tell us three positive characteristics that you like in yourself.

23



SHARE

Share a conflict that you solved by being assertive with the person.

24



SHARE

Share who for you is a reference and what characteristics does the person has that you love.

25



SHARE

Give an example of a good book to read that addresses mental health.

26



BONUS

You have decided to play this mental and emotional wellbeing game.
You win this card!

27



BONUS

You have started to find time to take care of yourself.
You win this card!

28



BONUS

You started to be assertive in your life and your work.
You win this card!

29



ALERT

Half of all mental health problems occurs before a person turns 14 years old, and three-quarters of mental illness begin before age 24.
You don't win this card!

30



ALERT

According to the WHO, depressive disorders will be ranked as the 1st leading cause of the global burden of disease in the world by 2030!
You don't win this card!

01

**TRUE OR FALSE**

Communication is a complex process that takes place at both verbal and non-verbal levels.

TRUE

02

**TRUE OR FALSE**

Active listening and effective questioning are technical skills specific to the business sector.

FALSE

03

**TRUE OR FALSE**

People remember 20% of what they hear and 50% of what they hear and see.

TRUE

04

**TRUE OR FALSE**

Non-verbal matters, such as raising the eyebrows or tilting your head, are more appropriate in informal communication.

FALSE

05

**TRUE OR FALSE**

In a conversation, making eye contact with others is always a sign of respect, regardless of the country you live in.

FALSE

06

**SHARE**

Tell the other players about a time when you experienced a cultural shock while travelling abroad

07

**BONUS**

From now on, you commit to actively listen to the others in daily conversations, showing respect and valuing different opinions.
You win this card!

08

**ALERT**

In the EU, 40% of employers fail to maintain transparent and continuous communication with their teams as a result of the lack of effective communication skills.
You don't win this card!

09

**BONUS**

By playing this game, you have shown sensitivity towards the themes of mental health and emotional well-being.
You win this card!

10

**ALERT**

Due to power asymmetries in mutual cultural knowledge, Europeans know less about others and their culture than the other way around.
You don't win this card!

11



SHARE

Tell the other players 3 positive characteristics that make you a good and active listener.

12



SHARE

Tell the other players which elements of a foreign culture you know surprises you the most.

13



SHARE

Share with the other players one famous quote, which brilliantly describe what effective questioning is about:

“If I had an hour to solve a problem and my life depended on the solution, I would spend the first 55 minutes determining the proper question to ask, for once I know the proper question, I could solve the problem in less than five minutes”

14



SHARE

Share with the other players how it makes you feel when you talk to a person who is only hearing and not listening to what you are saying

15



CHALLENGE

In 30'', list some relevant examples of effective questions you can pose when performing an interview for a job position.

16



CHALLENGE

In 30'', tell the other players one story that you have used some intercultural communication skill.

17



CHALLENGE

In 30'', make as many non-verbal signs used to show presence and attention during a conversation as you can.

18



CHALLENGE

Role play: the player next to you is a Muslim believer working in the bar you manage. They refuse to bring alcohol to the costumers because it is Ramadan and they can't handle it during that period. How would you react to it showing respect for their religious beliefs?

19



CHALLENGE

You and the player next to you are standing back to back. You have an object in your hands and, without explicitly saying what it is, describe it to the other player who, in turn, has to draw it. After 2', see if the drawing matches the description.

20



CHALLENGE

Ask the player next to you to describe an important moment in their life. While they are speaking, play the "bad listener" by interrupting their story, watching the clock, using closed body language, etc. At the end, ask the player how they felt.

21



QUESTION

Who is widely recognized as a pioneer psychologist in teaching communication skills and conflict resolution methods, including active listening and effective questioning?

Thomas Gordon

22



QUESTION

What are the basic techniques you can practice in your daily interactions to enhance your active listening ability?

Among them, there are: active silence, empathetic mirroring, non-verbal signs, reformulation.

23



QUESTION

What is the main goal of effective questioning?

To extract and gather relevant information while showing interest and demonstrate a high level of attention during a conversation.

24



QUESTION

What is the difference between multicultural and intercultural societies?

While in the former different cultures not necessarily come in contact with each other, in the latter they maintain open relations of interaction, exchange and mutual recognition

25



QUESTION

How is time culturally perceived in Mediterranean countries and what are the implications in the working environment?

Time is seen as a constant flow meaning that different items may be dealt with at the same time, and deadlines tend to be much more flexible

26



MULTIPLE CHOICE

The purpose more important of active listening is to:

- A) Give your opinion to others;
- B) Contribute to make lectures more interesting;
- C) Let the others know their message has been heard and understood;**
- D) Correct the speaker when they make errors.

27



MULTIPLE CHOICE

A direct benefit of active listening is to:

- A) Create a solid relation with different types of people;**
- B) Obtain a job promotion;
- C) Make more friends;
- D) Feel free to end a conversation at any time.

28



MULTIPLE CHOICE

Which of the following people would likely be a good listener:

- A) A judgmental person;
- B) An opinionated person;
- C) An empathetic person;**
- D) A goal-oriented person.

29



MULTIPLE CHOICE

To be a successful candidate at a job interview, you should:

- A) Anticipate questions that the interviewer might ask you;
- B) Use an informal tone;
- C) Prepare a list of questions to ask yourself;**
- D) Avoid making eye contact.

30



MULTIPLE CHOICE

The aim of intercultural communication is to:

- A) Create strong cultural ties;**
- B) Give social status;
- C) Develop business etiquette;
- D) Improve behaviour.

01



TRUE OR FALSE

Fishbone diagram which shows the potential causes of a specific event is also called Fishikawa.

TRUE, A fishbone diagram, also known as Ishikawa/Fishikawa diagram is a tool used to visualize all the potential causes of a problem in order to discover the root causes.

02



TRUE OR FALSE

Research about decision-making is published under the label problem solving.

TRUE, Making decisions is a part of problem solving. Problem solving is a complex process, and judgement calls - or decisions - will have to be made on the way.

03



TRUE OR FALSE

Personalisation is important to solve the problems effectively.

FALSE, Personalization and blame mean occasions when you conclude - arbitrarily - that what happened was your fault even when you were not responsible. Personalisation doesn't help to get over with problems that we face.

04



TRUE OR FALSE

Critical thinking has a negative effect on problem solving.

FALSE, Critical thinking has a positive effect on problem solving. Problem solving gives a chance to experience the importance of critical thinking.

05



TRUE OR FALSE

Decision-making is an action.

FALSE, Decision-making is a process which makes us to take an action.

06



MULTIPLE CHOICE

Who cited saying this famous quote "If I had an hour to solve a problem, I'd spend 55 minutes thinking about the problem and 5 minutes thinking about solutions."?
A) Morgan Freeman;
B) Albert Einstein;
C) Bill Gates;
D) Stephen Hawking;

07



MULTIPLE CHOICE

Which of the following does not belong to the model of problem-solving techniques?
A) Acting on plan;
B) Examining alternatives;
C) Improving the decision-making skills;
D) Looking at the consequences.

08



MULTIPLE CHOICE

Which of the following is less efficient for problem solving and decision making?
A) SWOT Analysis;
B) Brainstorming;
C) Fishbone Diagram;
D) Criticising.

09



MULTIPLE CHOICE

Which of the following is not the example of decision-making skills in management?
A) Leadership;
B) Individuality;
C) Organisation;
D) Emotional Intelligence.

10



MULTIPLE CHOICE

Which of the following is one of the characteristics of problem-solving?
A) Alternative actions must be developed;
B) The tentative decision is evaluated for more possible consequences;
C) Something can always be used to distinguish between what has and hasn't been affected by a cause;
D) Objectives must first be established.

11



QUESTION

What is the definition of decision-making?

Decision-making is the process resulting in the selection of a belief or a course of action among several possible alternative options.

12



QUESTION

It's 8 in the morning. Your exam starts in 30 minutes, but you missed your bus, you also don't have money for taxi. Now you think you might be late for your exam; you are under time pressure and feel stressed. How would you fix that problem? (You have 1' to answer.)

13



QUESTION

What is the definition and the aim of Cognitive Behavioural Therapy (CBT)?

Cognitive behavioral therapy (CBT) is a short-term, goal-oriented psychotherapy treatment that takes a hands-on, practical approach to problem-solving. Its goal is to change patterns of thinking or behavior that are behind people's difficulties, and so change the way they feel.

14



QUESTION

What is the name of the painter of the famous "The Scream" painting who also fought with mental health issues for a part of his/her life and says that (s)he couldn't get rid of his/her mental health issues and there is a lot in his/her art that exists only because of them?

Edvard Munch

15



QUESTION

What thinking styles could be a barrier for having problem-solving skills? You will need to reference a minimum of 3 behaviours to win this card. (e.g. constantly using critical words like must and have to, labelling, minimization...)

All or nothing thinking, over-generalizing, mental filter, jumping to conclusions, emotional reasoning, personalization, magnification, disqualifying the positive etc.

16



SHARE

Share one personal decision you want to make and another personal decision you'd wish to change to improve your life.

17



SHARE

Share 2 decisions you made that made a big change in your life.

18



SHARE

Share a characteristic which is related to decision-making and problem-solving. Then your teammates should continue adding more words about characteristics. You shouldn't stop for 1' and each of you must count in turn. You and your teammates will have 10'' for each word!

19



SHARE

Share 3 good effects of social media on mental health and 3 potential problems it creates.

20



SHARE

Share one of your experiences which happened in school/workplace/social life that created good feeling. The experience should be related with making an important decision and/or solving a problem successfully.

21



CHALLENGE

Make your teammates express/guess the word "success" in 1 minute, without using the banned words as shown below.

Banned words: achieve, courage, victory, score, performance, win, effort, school, work and goal.

22



CHALLENGE

Think about 5 words that describe "decision" in 30".

Examples: Conclusion, choice, selection, resolve, verdict, order, option.

23



CHALLENGE

Explain a minimum of 3 possible steps of the decision-making process in 30". (e.g. identifying the decision, taking an action...)

Gathering relevant information, identifying the alternatives, weighing the evidence, choosing, developing among alternatives, reviewing the decision, considering the consequences.

24



CHALLENGE

Let's play charades game! You will need to make your teammates guess one movie that reminds you a good decision maker. No talking, time to show your body language! You can only tell them that they need to guess "a movie". You have 1'.

25



CHALLENGE

Make your teammates to guess the word "motivation" in 1', without using the banned words below.

Banned words: Motivate, act, strong, impulse, behave, letter, reason, result, inspiration and try.

26



BONUS

"Good decisions come from experience. Experience comes from making bad decisions." -Mark Twain
You win this card!

27



BONUS

"In any moment of decision, the best thing you can do is the right thing. The worst thing you can do is nothing." - Theodore Roosevelt
You win this card!

28



BONUS

"Always make decisions that prioritise your inner peace." -Izey Victoria Odiase
You win this card!

29



ALERT

"Good people sometimes make bad decisions. They mess up, and they let others down. But that doesn't make them bad people. We all make mistakes." - Unknown
You don't win this card!

30



ALERT

"Our best problem-solving resource is peace. Solutions arise easily and naturally out of a peaceful state." - Melody Beattie
You don't win this card!

01



TRUE OR FALSE

The World Health Organization (WHO) has recognized burn out as an occupational phenomenon.

TRUE. Since 2019, burn out is now part of the world classification. It enters the field of "problems associated with employment or unemployment". This recognition is therefore still very recent! Burn out is not recognized as a medical condition.

02



TRUE OR FALSE

According to a study organized by the World Health Organization (WHO) in 2019, half of European workers complain of health problems related to a stressful work environment.

TRUE. The study organized by the WHO in 2019 states that 1/3 of European workers complain of health problems related to too much stress at work.

03



TRUE OR FALSE

Stress is a matter of feeling and has nothing to do with work or my pace at home?

FALSE. Stress is not indeed a feeling. It is a physical, mental or emotional factor that causes bodily or mental tension. It can be internal or external.

04



TRUE OR FALSE

The color of my bedroom wall can influence my mood and mental health

TRUE. The colour of the walls in my home or workplace can have an impact on my mood. Vrije Universiteit in Amsterdam even speaks of green and yellow colours would therefore brighten people's moods and days. Of course, instead of painting a wall, you can also play with yellow or green accessories!

05



TRUE OR FALSE

Organizing an outdoor activity with colleagues could improve the work environment.

FALSE. Organizing team-building activities will promote the creation of bonds and a climate of trust within the work environment. This will lead to better communication and less stress.

06



MULTIPLE CHOICE

How can you gain peace of mind in the work environment?

- A) By grumbling to the first colleague who comes along;
- B) By isolating yourself and thinking about everything that is bad and exists on earth;
- C) By writing down in a notebook your skills, knowledge and positive feedback you may have received during your experience.

07



MULTIPLE CHOICE

What is burn out?

- A) A syndrome resulting from chronic work-related stress;
- B) A normal response to stress;
- C) Fragile people who crack.

08



MULTIPLE CHOICE

To promote wellness in the workplace, health professionals recommend taking a break:

- A) Every 10 minutes;
- B) Every 2 hours;
- C) Every 4 hours.

09



BONUS

Lucky break! Today you were not feeling like going out, however, you motivate yourself and didn't stay alone and went to see some friends. So you fought against social isolation. Congratulations, You win this card!

10



ALERT

Your stress at work is far too high. It may be time to think of a solution to help you balance work with personal life. You don't win this card!

11



MULTIPLE CHOICE

Posture at work is essential to feel good, but... to sit well at your desk, you have to:

- A) Cross your legs;
- B) Sit with your back straight;**
- C) Put your feet flat on the floor.

12



MULTIPLE CHOICE

I'm stressed at work. What can I do to promote well-being in my environment?

- A) Stay serious to stay focused;
- B) Take a break to laugh with colleagues;**
- C) Eat something sweet to relax.

13



QUESTION

Name at least 2 health benefits of sport on your break time or after a day at work?

Example of answer: A) To give build muscle B) To evacuate stress C) To stay in shape for the summer

14



QUESTION

You have been diagnosed as experiencing a burnout. Which specialist(s) should you see?

Answer: Psychiatrist or psychologist depending on the situation

15



QUESTION

Give 2 consequences of social isolation at work or at home.

Example of answer: stress or anxiety, illness. Social isolation leads to long-term psychological and pathological risks for the person, which leads to stress, anxiety, abandonment and depreciation.

16



CHALLENGE

Did you know that Non-verbal behaviour is often the first thing that helps people understand that an individual does not feel good in an environment. List 5 behaviours that help you identify this discomfort. (You have 30 seconds)

17



QUESTION

Positivity to feel better in one's environment is very important. What do you find positive in the environment you are currently in? Name 3 things.

18



QUESTION

How does the light in a home or office affect your well-being? Give 2 ideas that come to mind.

19



BONUS

By carrying out decorating or remodeling your home, you have gained in personal well-being and you feel better at home. Congratulations, You win this card!

20



ALERT

Come on, come on! Calm down, reassure yourself, breathe and identify the causes of your anxiety at work. To do this, we encourage you to take a step back from the situation. You don't win this card!

21



CHALLENGE

Only one third of people affected by burn out dare to talk about it. Identify 3 good practices to follow to help a person talk about it.

22



CHALLENGE

In less than 1', mime guess 3 symptoms of burn out.

23



CHALLENGE

Mime and make your teammates guess what will help you fight stress at work or at home? You have 30''

24



CHALLENGE

Drawing is winning! Draw and let your teammates guess what makes you feel good at your home. You have 1'.

25



SHARE

Tell an episode that made you feel most uncomfortable at home or at work.

26



SHARE

Tell us what tip(s) do you have in place to combat possible social isolation?

27



SHARE

What do you think a healthy home and/or work environment has to have ?

28



SHARE

How do you manage a stressful situation at work or home?

29



SHARE

What do you value in a work-environment? Give 3 examples.

30



BONUS

You have diagnosed the causes of your emotional and physical fatigue. You are now putting in place keys to feeling better at work and at home. Congratulations, You win this card!

01



TRUE OR FALSE

Adults and teenagers over 14 years old need between 6 and 9 hours sleep a night.

TRUE, Sleep is related to our physical, cognitive, and psychological well-being. When we sleep our cells restore and repair, restoring energy and releasing important hormones.

02



TRUE OR FALSE

The goal of Mindfulness is to have an empty mind”.

FALSE, Mindfulness focuses on our ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

03



TRUE OR FALSE

The principle behind biofeedback assisted relaxation is that your mind becomes aware of what's going on within your body.

TRUE, Sensors attached to your body send signals to a monitor, this allows you to see your response to stress and/or relaxation...

04



TRUE OR FALSE

Stress cause the overproduction of a hormone called cortisol which can cause the development of physical health conditions such as high blood pressure and diabetes.

TRUE, The role of cortisol is known to exacerbate the development of cardiometabolic syndromes across the life span.

05



CHALLENGE

Role-Play: The player next to you is experiencing insomnia. What advice would you offer them to improve their quality of sleep?

Listen to relaxing music
Try a sleep meditation app
Consider eating food high in vitamin B6 which promotes melatonin

06



MULTIPLE CHOICE

A good practice to help you sleep is:

- A) Drinking alcohol before going to bed;
- B) Exposing your eyes to blue light through the use of phones or tablets (ipad);
- C) Being more active during the day but avoid exercising too much late at night before you go to bed;**
- D) Eating a big meal late at night.

07



MULTIPLE CHOICE

Which of the following do not represent the benefits of learning and practicing mindfulness

- A) To be fully present, aware of where we are and what we're doing;
- B) To enable us to live out lifes on autopilot;**
- C) Paying attention in the present moment;
- D) Paying attention to thoughts, sounds, the sensations of breathing or parts of the body.

08



MULTIPLE CHOICE

Which of the following is not an example of Meditation Techniques:

- A) Basket;
- B) Dancing;
- C) Deep Breathing Excercises.**

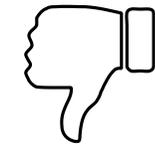
09



BONUS

You have changed your diet to include more vitamin B6 which is helping produce more melatonin which is helping you sleep. You win this card!

10



ALERT

You have stopped doin the things you like decreasing your sense of coping and overall feeling of wellbeing. You don't win this card!

11



TRUE OR FALSE

Chronic Stress is necessary to train your brain to be better.

FALSE

12



QUESTION

Give a good example of a strategy to deal with insomnia?

avoiding having a big meal late at night
avoiding caffeine in the afternoon or evening- try decaffeinated substitutes
creating a routine with a regular time to go to bed and get up
avoiding alcohol as it can disturb sleep;

13



QUESTION

What relaxation strategies prevent a person from becoming stressed?

Mindfulness - muscular relaxation - relaxing bath - go for a walk - engage with nature - do something creative;

14



QUESTION

What to do if you are experiencing serious levels of distress?

You should ask for help from your Doctor, who can suggest treatments to mitigate distress and improve your overall health.;

15



QUESTION

What are the benefits of learning Tai Chi to help relax.

Decreased stress, anxiety and depression
Improved mood
Improved aerobic capacity
Increased energy and stamina
Improved flexibility, balance and agility
Improved muscle strength and definition

16



SHARE

Tell the other players 3 things you are able to do which helps you reduce stress.

17



SHARE

What would your friends say about your abilities to help guide them on things they can do to help relax?

18



SHARE

Tell us your favourite activity you engage in when feeling stressed and why it works for you.

19



BONUS

You have started to find time to develop strategies to improve your sleep.
You win this card!

20



ALERT

In the past year, 74% of people have felt so stressed they have been overwhelmed or unable to cope.
You don't win this card!

21



SHARE

Share your experience of using muscular relaxation. If you have not tried it would you consider it and what do you think the benefits of it would be in helping you relax?

22



SHARE

Tell us what differences you notice in how you think and feel when engaging in a pleasurable activity.

23



SHARE

Share your experience of doing exercise to decrease stress. If you have not tried it would you consider it and what do you think the benefits of it would be in helping you relax?

24



SHARE

Share your experience of using mindfulness. If you have not tried it would you consider it and what do you think the benefits of it would be in helping you relax?

25



SHARE

Give an example of a good book or web source or app that you have used to promote your ability to deal with stress and promote relaxation to read that addresses mental health.

26



CHALLENGE

Role-Play: Imagine a situation when you have to say to the player next to you "I think you should relax". Say it with a boring voice, an aggressive and a calm voice. Ask for the other to share how he/she felt.

27



CHALLENGE

Role Play: The player next to you wants to know more about guided imagery - describe the process.

Guided imagery is a useful technique for managing stress and coping with difficult situations

28



CHALLENGE

Role Play: Ask for another player to tell you strategies they use to manage stress. Highlight strategies which are helpful and promote a discussion on how the person may develop others strategies for relaxation which may help.

29



BONUS

You have decided to play this mental and emotional wellbeing game, and develop strategies for relaxation!
You win this card!

30



ALERT

Severe lack of sleep is linked to reduced daytime performance, fatigue, depression and anxiety, decreased immunity and poor cognitive performance.
You don't win this card