

Simulation game for health professionals to develop skills for their emotional self-regulation
-Simply4emotions.



OLLSCOIL NA GAILLIMHE
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HPRC
Health Promotion Research Centre



Co-funded by
the European Union

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Funded by: Erasmus+

Background: Global shortages of health and social care professionals have encouraged a greater focus on retention and the related issues of burnout and intention to leave. Health and social care professionals are often subject to a range of physical, emotional and psychological stressors as part of their work. Those with more developed emotional regulation skills can manage such stressors more effectively, reducing the potential of burnout and exiting the health and social care sector. Emotional regulation is not an innate characteristic but rather can be learned and developed, particularly through understanding how re-appraisal of situations can alter emotional reactions.

Aim: To develop a simulation game for use by health and social care professionals to support the development of emotional self-regulation skills.

After almost two years, the project is now nearing completion and both a physical board game and a digital version have been developed. The game centres around a school hiking trip and players must pass through a series of landmarks to reach the top of a mountain within a set timeframe. Along the way the group will encounter various events, some helpful and some unhelpful, with role-plays and puzzles having to be successfully negotiated to succeed. In addition, the group must maintain its levels of energy and motivation by making wise choices and gathering resources. A post-game debrief encourages players to reflect on and discuss emotional self-regulation and how it can be enhanced.

Progress reports and project updates available at <https://simply4emotions.eu/>