

STRESS, ANXIETY AND DEPRESSION AT THE WORKPLACE

Organization and country: LUV, Slovenia

Name of the activity: Stress for success

Overview (What I am going to learn?): The activity boosts focus, mindfulness and relaxation.

Objective (What am I going to learn it for?):

- That stress can be fun sometimes,
 - When we have a lot of work and we are in stress, we should focus on small tasks and stay in present,
 - Self-awareness of own reaction when handling with multiple tasks at once.
-

Materials: Anti-stress balls (small and soft balls in different colours)

Time: Up to 30 minutes

Target group: Employees, groups 5-8 people

Instructions for facilitators

This game involves active participation. All you need are stress balls. It can be used for a lesson on stress, for team building or as a group energizer. Participants will get the opportunity to get up and move in this activity.

Tasks and procedure:

Participants stand and form circles of about five to eight people. Each group get one stress ball to begin. The first person throws a ball to someone else and should remember who they threw it to, since they will be asked to remember and continue the same pattern.

If there is only one group, a facilitator can be part of the group, but if there is more than one, the facilitator needs to move around between groups. Each person throws the ball to someone who has not yet had the ball. The last person sends it back to the original person who “keeps the ball rolling” a little faster than next time. They should not throw to the same person twice until all members have gotten it first.

Once they have the pattern down, introduce another ball - then another and then another. Balls will drop or roll but urge them to pick them up and continue. With five or six balls going at a time, it becomes quite a circus with a lot of laughing.

After about five minutes, everyone can sit down and identify what they can learn from the activity.

Conclusion and evaluation:

Questions for group discussion:

- How do they feel after this activity?
- What did they learn?
- What did they had to do to be successful?
- How many of them did think about what they would eat for dinner?

Reference:

<https://belmontwellness.com/wp-content/uploads/stress-for-success.pdf>