

## STRESS, ANXIETY AND DEPRESSION AT WORKPLACE

**Organization and country:** LUV, Slovenia

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**Name of the activity:** Thumbball

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**Overview (What I am going to learn?):** Exploration the causes of stress and various ways to manage its impact.

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

- What affects their stress level,
  - How they can help each other out,
  - How they can better manage their own approach to stress.
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**Materials:** A soft ball  
A marker  
A flipchart

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**Time:** 15-30 minutes

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**Target group:** Employees

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### Instructions for facilitators

The goal is to make conversations about stress management, without judgement or finger pointing. To explore these touchy questions most effectively, remind your group that there are no right answers.

For this activity you need a soft stuffed ball and a marker. On the ball you write approximately 12 prompts.

### Suggestions for prompts:

- Which "urgent" tasks most distract you from important ones?
- Where is your favourite "quiet" place?
- Is saying "I'm sorry" hard for you?
- Is your space usually organized or cluttered? Do you care?
- What's your most stressful month of the year? Why?
- For how long can you comfortably unplug?
- What work task would you most like to avoid?
- What activities cause you to lose track of time?
- How does your mood affect your stress?
- What forms of exercise are most enjoyable?
- If you took a "1-minute mental vacation," where would you go?
- When stressed do you prefer company or solitude?
- What most stresses you out?
- Do you know when to say "NO"?
- How would you use two extra hours per day?
- When I'm stressed I \_\_\_\_\_.
- Who or what makes you laugh?
- What most relaxes you?
- How many emails do you delete daily?
- What's your favourite time waster?
- What are your favourite comfort foods?
- Toss Again
- Catcher's choice

### Tasks and procedure:

1. Ask participants to stand or sit in the circle. It is suitable for groups of 5-8 people.
2. Present the game Thumball.
3. You start a game and throw the ball to one person. This person is asked to look for prompt under his/her right thumb and respond to the prompt. Answers should relate to workplace experiences.
4. Ask others for input on how they have handled similar situations.
5. Keep a flip chart of difficult topics that can be addressed later.

### **Conclusion and evaluation:**

This Thumball contains prompts that address causes of stress and others that promote discussion and reflection on responses to stress. This is really meant to be a tool to build awareness and enable conversations about stress.