

You have been working in **olive harvesting** for more than 8 years and what used to be a job you were passionate about, has now become a routine. Lately, you find yourself so demotivated that you can't concentrate on your **work**. Your **boss** has complained several times that your productivity levels are getting lower and lower.



Erasmus+

You're finding it difficult to concentrate. Changes in performance at work are common among those battling poor mental health. This includes a lack of concentration and poor productivity levels. You may feel disconnected from a job that once made you happy. You may even receive feedback from your managers that your work quality and concentration are low.



Erasmus+

Since you were 16, you've loved going to the **cinema** every Wednesday with your two best friends. In the last few months, you have found yourself in a **depression** that prevents you from pursuing the hobbies you love most. Your **friends** are very worried about you.



Erasmus+

Your friends and family are concerned about you.

Friends and family members are sometimes (but not always) equipped to notice patterns from the outside that are difficult to see on the inside. If your loved ones have voiced concerns about your mental health, try and listen. They may have noticed something in you that you're not yet able to see.



Erasmus+

You have always been a person who loved to **sleep** more than 8 hours a day. However, lately you can't sleep a wink and your **insomnia** problems have been getting worse and worse. Both your **personal relationships** and your work have been affected by this.



Depression and anxiety can both cause **insomnia**. Persistently struggling to sleep and poor sleep hygiene can interfere with your ability to function. If you're not getting enough high-quality sleep, it could be time to seek help. Regardless of why you're not sleeping well, poor sleep should never be ignored.



Drawing and **painting** has always been your passion. In the past you even inaugurated several **exhibitions** with your artistic creations in your town. It's been several months since you last painted the **landscapes** you loved so much.

EI4FUTURE



Nothing excites you. Losing interest in activities you once enjoyed, and in life in general, may be a sign you should reach out and speak to a professional. The past few years have been a difficult time for everyone and discovering what excites you, post-pandemic, can feel overwhelming.



Since you were a child, you have always been a very **sociable** person who liked to be around **people**. In the last few months, you do nothing but watch Netflix and stay at **home** without making any social plans with your friends.



You're feeling isolated and alone.

Poor mental health can isolate us. They can make us feel alone, distressed, or uncomfortable around other people. A lack of understanding from your peers about what you are going through may compound the problem.



You have always been in perfect **health**. Lately, you find yourself so **stressed** with work and personal problems that you are always **sick**, whether with stomach problems, headaches or colds.



You keep getting ill. Emotional distress and stress can affect your body. It can manifest as a wide range of ailments, from chronic stomach issues to frequent colds, headaches, and general physical pain. If you're physically not feeling well and your medical doctor can't find the cause, ask them to recommend a mental health professional for you to speak to.



You have always been a person who has been interested in your physical and mental **health**. You loved going to sports and preparing delicious meals after work. After the **breakup** with your partner, you turned to alcohol and **drugs** as an escape mechanism.



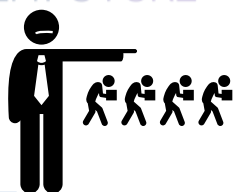
You're abusing substances to cope.

If you find yourself abusing drugs or alcohol, or even eating too much or too little, this may be a red flag. Using these crutches to cope with poor mental health may numb you in the present but it may be a symptom of a larger cause and time to reach out for help.



You have been working in a **factory** for your whole life. All of a sudden, the company went **bankrupt** and your boss decided to **fire** you. This situation means a trauma that you have never suffered in your entire life.

EI4FUTURE



You've suffered a traumatic event.

Traumatic events such as deaths, breakups, divorces, and job losses, just to name a few, can all require counselling to address. These traumas and associated grief don't always resolve on their own. They can impact your daily functioning if they persist.



NAME OF THE GAME: SOCIAL CHARADES

ORGANIZATION: INDEPCIE

COUNTRY: SPAIN

<p>Objective</p>	<p>The need for mental health and psychosocial support has only grown, first with the arrival of the COVID-19 pandemic and the lockdowns, and now with the war in Ukraine. However, mental health conditions are still largely stigmatized by society at large (Renew Europe, 2022). Luckily, the conversation around mental health is growing. There are now more options for those seeking help and support for their mental well-being. And the stigma around mental health concerns is shifting. The importance of addressing anxiety, depression, and overall mental fitness is undisputed. Yet, the idea of seeking professional, spiritual or social help can sometimes seem daunting (Eatough,2021).</p> <p>This game is part of Module 8, which explains why seeking external support is beneficial for people belonging to difficult socio-economic background, such as unemployed people, people from ethnic or national minorities, migrants, refugees, adults with disabilities, etc.</p> <p>By playing this game and putting into practice the knowledge acquired after reading Module 8, participants will:</p> <ul style="list-style-type: none"> ● Spot the signs that they should ask for support (Professional, Spiritual and Social) ● Identify and understand the social cues of others (body language and facial expressions) ● Empathise with those that are having difficulty and provide examples of how to help that person
<p>Setup & Theme</p>	<p>This game is designed to be played in small groups of 2 or 3 players so that the interaction between them is closer and more intimate.</p> <p>The materials required will be a set of 8 cards and a piece of paper where the players can write their score.</p> <p>The scenarios of each of the cards have been adapted to the specific reality of each country. For example, letter no. 1 mentions agricultural work related to olive harvesting, typically from Spain. It is convenient for each trainer/teacher to take into account the cultural and social environments of each country in which these cards will be played.</p>
<p>Card ranking & description</p>	<p><i>Note: cards are not asserted according to the level of difficulty. All cards will have two sides: one with a specific situation; another one with a theoretical</i></p>

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explanation about the situation, which has been previously presented in Module 8.

IMPORTANT INFORMATION FOR THE PLAYERS BEFORE STARTING TO PLAY: Every situation will first refer to a specific moment in the past when the person presented in the card had a pleasant and satisfactory life. And secondly, there will be a turn of events where the situation becomes difficult. The players will have to guess this specific difficulty that the person in the card is facing and they will need to reflect on what they can do to help the person suffering from these challenges.

Card 1

You have been working in olive harvesting for more than 8 years and what used to be a job you were passionate about, has now become a routine. Lately, you find yourself so demotivated that you can't concentrate on your work. Your boss has complained several times that your productivity levels are getting lower and lower.

You're finding it difficult to concentrate. Changes in performance at work are common among those battling poor mental health. This includes a lack of concentration and poor productivity levels. You may feel disconnected from a job that once made you happy. You may even receive feedback from your managers that your work quality and concentration are low.

Card 2

Since you were 16, you've loved going to the cinema every Wednesday with your two best friends. In the last few months, you have found yourself in a depression that prevents you from pursuing the hobbies you love most. Your friends are very worried about you.

Your friends and family are concerned about you

Friends and family members are sometimes (but not always) equipped to notice patterns from the outside that are difficult to see on the inside. If your loved ones have voiced concerns about your mental health, try and listen. They may have noticed something in you that you're not yet able to see.

Card 3

You have always been a person who loved to sleep more than 8 hours a day. However, lately you can't sleep a wink and your insomnia problems have been

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getting worse and worse. Both your personal relationships and your work have been affected by this.

You're having sleeping difficulties

Depression and anxiety can both cause insomnia. Persistently struggling to sleep and poor sleep hygiene can interfere with your ability to function. If you're not getting enough high-quality sleep, it could be time to seek help. But remember, lots of things can affect your sleep, so it's best to speak to a medical or mental health professional. Regardless of why you're not sleeping well, poor sleep should never be ignored.

Card 4

Drawing and painting has always been your passion. In the past you even inaugurated several exhibitions with your artistic creations in your town. It's been several months since you last painted the landscapes you loved so much.

Nothing excites you

Losing interest in activities you once enjoyed, and in life in general, may be a sign you should reach out and speak to a professional. The past few years have been a difficult time for everyone and discovering what excites you, post-pandemic, can feel overwhelming.

Card 5

Since you were a child, you have always been a very sociable person who liked to be around people. In the last few months, you do nothing but watch Netflix and stay at home without making any social plans with your friends.

You're feeling isolated and alone

Poor mental health can isolate us. They can make us feel alone, distressed, or uncomfortable around other people. A lack of understanding from your peers about what you are going through may compound the problem.

Card 6

You have always been in perfect health. Lately, you find yourself so stressed with work and personal problems that you are always sick, whether with stomach problems, headaches or colds.

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	<p>You keep getting ill Emotional distress and stress can affect your body. It can manifest as a wide range of ailments, from chronic stomach issues to frequent colds, headaches, and general physical pain. If you're physically not feeling well and your medical doctor can't find the cause, ask them to recommend a mental health professional for you to speak to.</p> <p>Card 7</p> <p>You have always been a person who has been interested in your physical and mental health. You loved going to sports and preparing delicious meals after work. After the breakup with your partner, you turned to alcohol and drugs as an escape mechanism.</p> <p>You're abusing substances to cope If you find yourself abusing drugs or alcohol, or even eating too much or too little, this may be a red flag. Using these crutches to cope with poor mental health may numb you in the present but it may be a symptom of a larger cause and time to reach out for help.</p> <p>Card 8</p> <p>You have been working in a factory for your whole life. All of a sudden, the company went bankrupt and your boss decided to cut costs by reducing one third of the permanent staff. Your partner suddenly decides to break up with you too. This situation means a trauma that you have never suffered in your entire life.</p> <p>You've suffered a traumatic event Traumatic events such as deaths, breakups, divorces, and job losses, just to name a few, can all require counselling to address. These traumas and associated grief don't always resolve on their own. They can impact your daily functioning if they persist</p>
Gameplay	<p>The players will play paper, scissors and rock at the beginning to decide who's starting first. The first player will select a random card (without reading it) and they will mime the activity explained in the card. According to the three levels of difficulty that are presented in the next section, the players will need to guess the emotion, the topic or the whole situation. If one of the players guess the emotion, they will get 5 points, if they guess the topic, 8 points and finally, if they guess the whole situation, they'll get 12 points.</p>

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	In order to make it easier for the players to guess, they will be given 3 different hints, which will be in bold in each of the cards. The person who is acting out, will only be able to pronounce verbally these three words. Every time a hint is given, the players will lose a point.
Combinations	<p>The game has three levels of difficulties according to the players profile and/or their special needs:</p> <p>-Level 1: The player will randomly choose a card and act it out for the others to guess. Following acting out, players will need to guess what emotions would be associated with that situation.</p> <p>-Level 2: The player will randomly choose a card and act it out for the others to guess. Following acting out, players will need to guess what topic the person refers to.</p> <p>-Level 3: The player will randomly choose a card and act it out for the others to guess. Following acting out, players will need to guess the whole situation, including the emotions and topic.</p>
Special rules (cooperative and competitive)	None
Winning/Learning outcomes	The person with more points wins. However, if it's considered necessary and according to the background of the players, the game can be played without giving a specific score.

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