

**Time:** 20 - 30 minutes

**Teams:** 3 - 6 players

**Location:** Indoor or outdoor space (quiet and comfortable)

### Educational Objective

The purpose of this task is to help participants recognize the importance of stress management for overall well-being and to share practical strategies for reducing stress. The activity promotes emotional awareness, self-care, and peer learning.

Moderator

# Stress Busters

## Step-by-Step Instructions

### 1. Introduction & Framing

Explain that stress affects both body and mind, and managing it is essential for health and productivity.

Emphasise that the activity is about sharing and learning, not judging.

Give 1 - 2 examples of stress-reduction techniques (e.g., deep breathing, short walks).

**Methodological tip: Create a calm and supportive atmosphere from the start.**

### 2. Organisation

Choose a quiet, comfortable indoor or outdoor space.

Ensure the team has access to a smartphone, the QR code for the video and a notepad for taking notes.

### 3. Share Your Secrets (10 minutes)

Ask the team to list 20 stress-reduction methods they have personally tried.

Encourage sharing practical, real-life strategies.

Instruct the team to write each method as a short note (one sentence).

**Moderator's role: Encourage quieter participants to share and promote diversity of ideas.**

### 4. Try It Together (10 minutes)

Instruct participants to scan the QR code and watch the video.

Guide them through the exercise shown in the video.

Let them know that if anyone feels uncomfortable participating in the exercise, they may opt out or observe.

After the exercise, ask the participants:

- What are you feeling right now?
- What are your impressions?

**Methodological tip: Normalize different reactions; focus on personal experience.**

## 5. Summary & Consolidation

Highlight the most creative or effective stress-busting ideas shared.

Reinforce the message: small steps lead to big changes.

Connect stress management to overall well-being and productivity.

## Mission Equipment

Smartphone

Internet access

Notepad or whiteboard for writing examples



## Role of the Moderator

The moderator acts as a facilitator, not an instructor. Your role is to:

- Create a safe and open atmosphere.
- Keep time and structure the activity.
- Encourage participation and sharing.
- Ask reflective, open-ended questions.

## Optional Enhancement

Invite participants to rank the top 5 most useful stress-reduction techniques.

Link the discussion to mental health and well-being goals

(SDG 3: Good Health and Well-being).