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Building a Comprehensive Educational Ecosystem for Sustainable Development Goals

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Coordinator



Partners



ACEEU



ABD

Welfare and  
Development  
Association



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RIGA TECHNICAL  
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Player

# Stress Busters

## Stress Busters

**Time:** 20 - 30 minutes

**Teams:** 3 - 6 players

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

### The Story

Life in the city can be exciting - but it can also be stressful. Stress doesn't just affect your mind; it impacts your whole body and well-being.

**Your mission: share your best stress-busting strategies and try a simple exercise together to feel the difference.**

Every idea you exchange can help someone else live healthier and happier.

### Mission Tasks

#### Step 1: Share Your Secrets (10 minutes)

As a team, list 20 ways you have personally used to reduce stress.

Share your own tested methods so everyone gains new tools.

Write each method as a short note (one sentence).

#### Step 2: Try It Together (10 minutes)

Scan the QR code and watch the video.

Follow the exercise shown in the video as a group.

After the exercise:

- Name what you are feeling right now.
- Discuss your impressions with the group.



### Why Your Mission Matters

Stress is a silent disruptor of health and happiness. By learning and practicing stress-reduction techniques, you strengthen both your body and mind - and support others in doing the same.

**Small steps lead to big changes.**

### Mission Equipment

Smartphone

Internet access

Notepad or whiteboard for writing examples

