



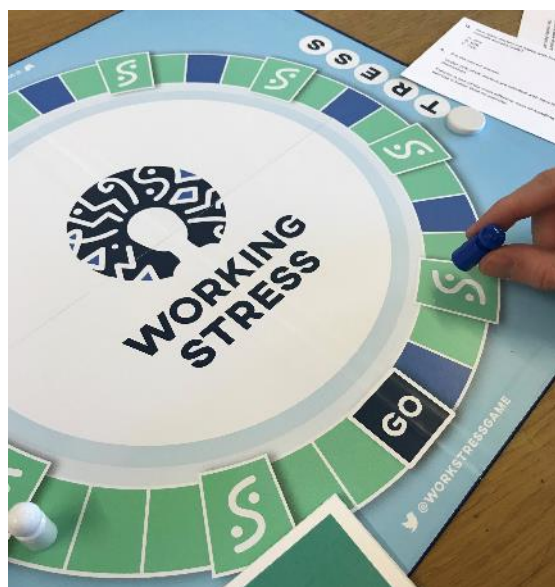
# WORKING STRESS

## IMPROVE STAFF WELLBEING

### Board game that helps doctors & nurses to reduce stress and burnout.

Clinical practice is stressful, and the negative effects can be harmful to individuals and expensive for employers. *Working Stress™ Game* is a unique occupational health intervention that enables clinical staff to manage stress more effectively. Developed by clinicians and psychologists specifically for NHS staff, *Working Stress Game™* helps staff understand workplace stress and learn how to cope with it more effectively. It allows players to discuss the impact of stress and burnout and explore different techniques to help them manage stress.

The game has been developed by Focus Games Ltd in partnership with the NHS Practitioner Health Programme (PHP); a confidential, NHS treatment service for doctors and dentists unable to access confidential care through mainstream NHS routes due to the nature of their role and/or health condition.



***“We often try to deal with stress on our own. This game provides the opportunity to come together as a team and have fun, whilst opening up difficult conversations about stress and mental health, giving tips and tools for how to approach situations differently.”*** – Dr Clare Gerada, Medical Director, NHS Practitioner Health Programme.

*Working Stress Game™* helps clinical staff understand the unique nature of stress in clinical practice and offers strategies enabling individuals to develop a self-management approach that works best for them. It is the vital first step on a journey to improved wellbeing for the individual and their organisation.

A 2017 randomised controlled trial (RCT) with 227 NHS doctors demonstrated that the interventions contained within *Working Stress Game™* are effective at reducing anxiety, high

burnout, insomnia and hazardous drinking.

The game is designed for groups of between 4 and 12 players divided into 2 teams. Games usually last between 30-60 minute and do not require a facilitator with an expert knowledge of workplace stress because players manage the game. Games can be run as informal activities in the workplace, or as part of more structured training and workshops.

The game encourages players to discuss and answer a series of questions, allowing them to acquire new knowledge, discuss ideas and learn from each other. These discussions are what make the game effective and help players to learn and develop the confidence to try something new. There is also a pack of ‘Bonus’ cards that offer activities for the players or pass on useful information.

*Working Stress Game™* is an engaging and cost-effective group occupational health activity for anyone working in health and social care.

*Working Stress* is a collaborative effort between academics, psychologists, clinicians and a leading ‘serious’ games developer. The core development team is:



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- **Focus Games Ltd** have been creating innovative educational resources for frontline NHS staff since 2004.
- **NHS Practitioner Health Programme (PHP)** is specialist, confidential service which addresses the health needs of individuals (doctors and other healthcare professionals), providing assessment, treatment and case management for mental health and substance misuse issues. It has more than 10 years' experience in this field and offers a self-referral service to around 85,000 doctors across England.
- **Dr Caroline Kamau** is an academic who specialises in research about occupationally preparing medical doctors, nurses and patients. She lectures at Birkbeck, University of London. She has published in journals such as Lancet Psychiatry, BMJ Supportive and Palliative Care, the Journal of the Royal Society of Medicine, and the Archives of Environmental and Occupational Health. Her research has been well received, e.g. receiving coverage in the Times, BMA news, and NHS staff bulletins. She has authored a book and has a new book forthcoming. She is a Fellow of the Royal Society of Medicine
- **Dr Asta Medisauskaite** is a researcher at UCL's Medical School in the Research Department of Medical Education. She has published in journals such as the British Journal of General Practice and Psycho-Oncology. Her and Dr. Kamau's article about the occupational health of oncologists (a systematic review and meta-analysis) received media attention e.g. The Guardian and is ranked by Altmetric in the top 5% of over 7 million publications worldwide in terms of public impact.

To learn more visit <http://www.WorkingStress.co.uk> and  
Twitter: @WorkStressGame