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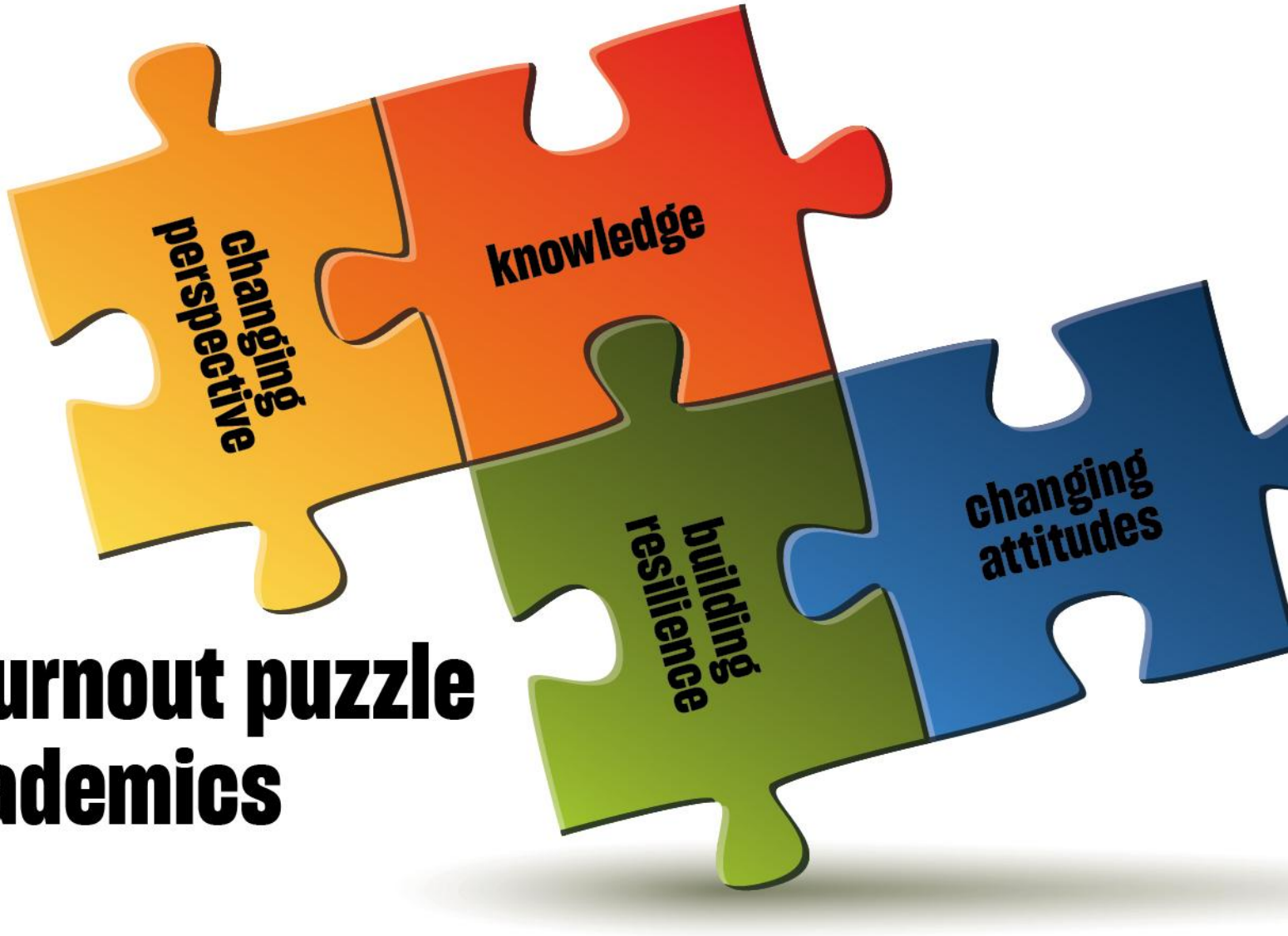
Anti-burnout puzzle for academics



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UNIVERSITY of NICOSIA

BUEM 20 YEARS 2004 2024

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Anti-burnout puzzle for academics

Board games as prevention of occupational burnout

Author:

Anti-burnout puzzle
for academics

THEORETICAL INTRODUCTION

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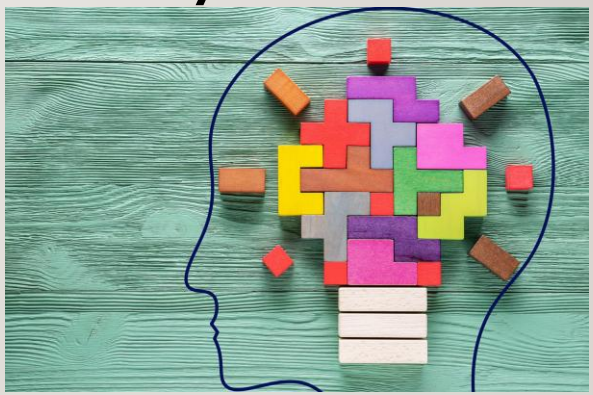
Board game - a type of social game for which a board is used.

BENEFITS

Cognitive stimulation

- **Short–term (working) and long-term memory**
- **Logical thinking, problem solving**
- **Cognitive flexibility**
- **Concentration and attention**
- **Long-term planning**



BENEFITS

Regulation of emotions and reduction of stress

- **Escape from stressors**
- **Sense of control**
- **Safely experiencing competition and failure**

Social benefits

- **Building relationships**
- **Communication and negotiation**
- **Developing empathy**

ACTIVITY AGAINST JOB BURNOUT

Research suggests that *activities that require mental engagement but lack the pressure of results* - like board games - can:

- **Break through monotony**
- **Restore the joy of taking on challenges**
- **Strengthen relationships**
- **Stimulate creativity**

SOURCES

- **Usefulness of board games in cognitive stimulation**
- Noda, A., & Shirotsuki, K. (2019). *Effects of board games on cognitive functions: A systematic review. Games for Health Journal*, 8(3), 153-164.
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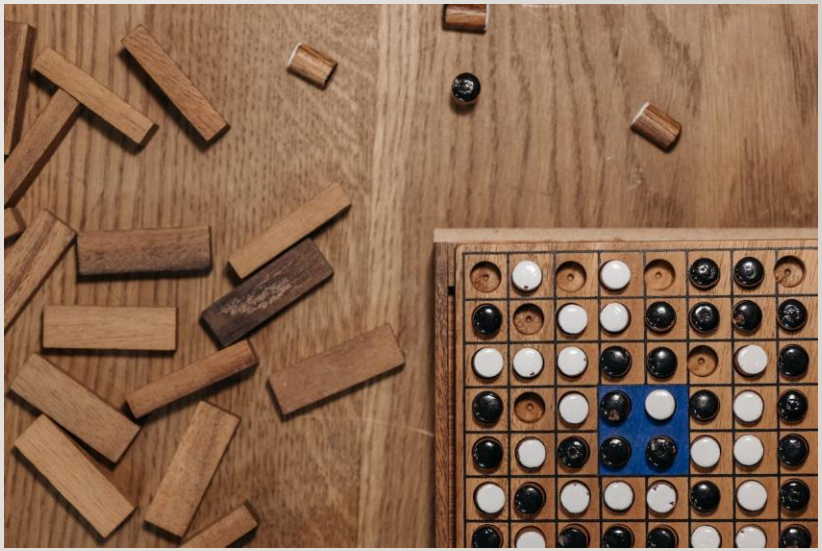
- **Games and mental health and stress reduction**
- Granic, I., et al. (2014). *The benefits of playing video games. American Psychologist*, 69(1), 66-78
- Treadaway, C., et al. (2020). *Playful engagement and mental health: The role of play in promoting wellbeing. The Journal of Mental Health and Wellbeing*.
- **Games as a tool for combating burnout**
- Maslach, C., & Leiter, M. P. (2016). *Burnout: A multidimensional perspective.*
- Chen, H., et al. (2020). *Leisure activities and burnout recovery: The mediating role of psychological detachment. Journal of Occupational Health Psychology*, 25(4), 273-286

TYPOLOGY

- Strategy games
- Narrative games
- Cooperative games
- Puzzle games
- And many more ☺



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PRACTICAL PART 1.

YOU ARE INVITED TO THE TABLES!

Games to start:

AZUL

- **Number of players:** 2-4 people
- **Age:** 8 years +
- **Playing time:** 30 - 45 minutes

CARCASSONE

- **Number of players:** 2 - 5 people
- **Age:** 7 years +
- **Playing time:** 30 - 45 minutes

TICKET TO RIDE

- **Number of players:** 2 - 5 persons
- **Age:** 8 years +
- **Playing time:** 60 - 90 minutes

PANDEMIC

- **Number of players:** 2 - 4 people
- **Age:** 10 years +
- **Playing time:** about 60 minutes

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PRACTICAL PART 2.

YOU ARE INVITED TO THE TABLES!

At the second workshop we will learn more games.

WORKSHOP VOL 2

Advanced games (along with a handful of new concepts)

NEUROSHIMA HEX

Asymmetry

- **Number of players:** 2 - 4 people
- **Age:** 10 years +
- **Playing time:** 45 - 90 minutes

TERRAFORMING MARS

Economy

- **Number of players:** 1 - 5 people
- **Age:** 12 years +
- **Playing time:** 90 - 120 minutes

CARCASSONE + EXPANSIONS!

Pick'n Match

- **Number of players:** 2 - 6 people
- **Age:** 7 years +
- **Playing time:** 30 - 45 minutes

NEMESIS*

A game with a star - for those looking for a challenge ;)

Semi-co-op

- **Number of players:** 1 - 5 people
- **Age:** 12 years +
- **Playing time:** 90 - 180 minutes

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FINAL NOTES
ANALYSIS OF INSIGHTS AND EFFECTS