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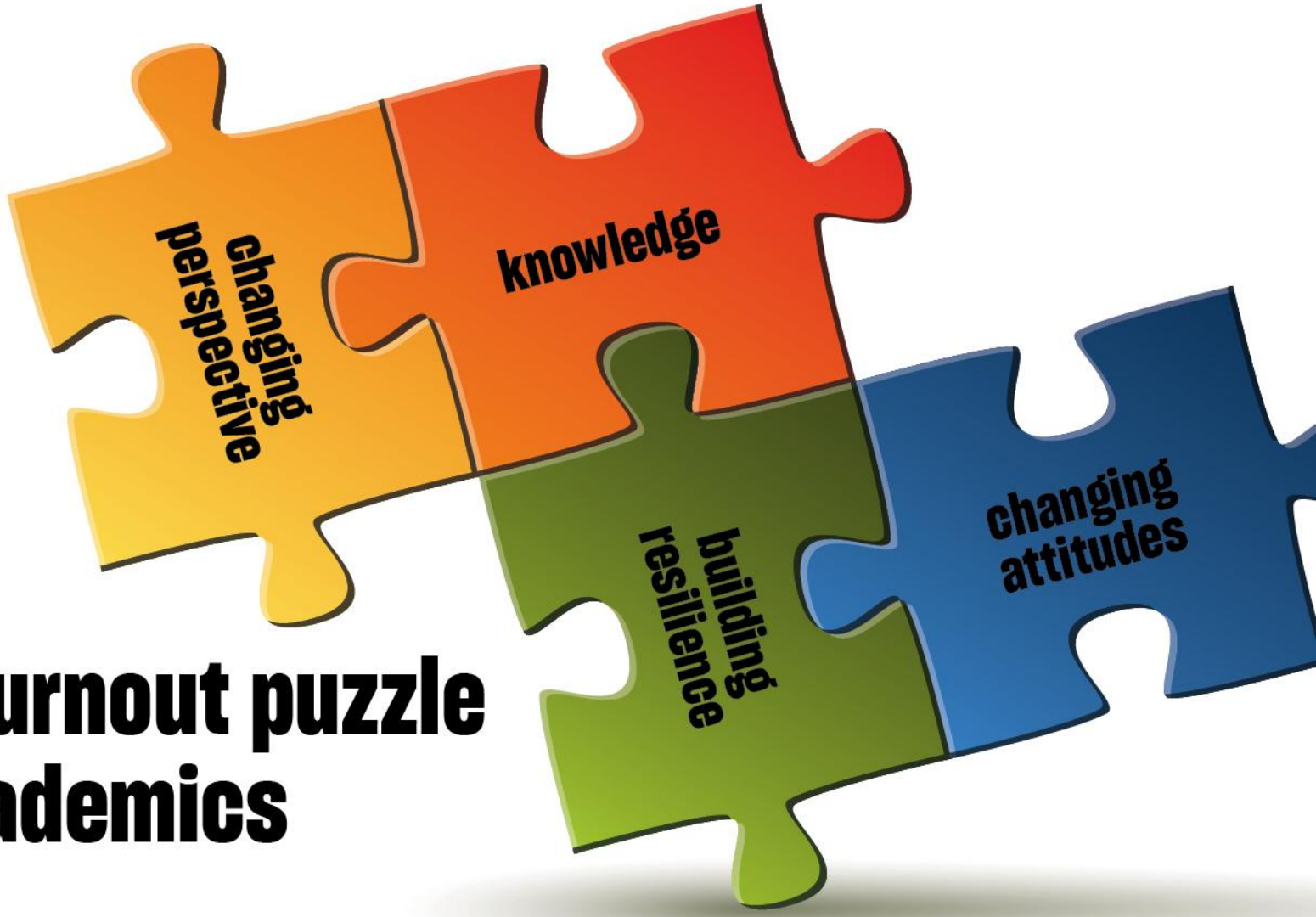
Dobre Kadry
Centrum badawczo-szkoleniowe Sp. z o.o.

UNIVERSITY of NICOSIA

BUEM 20 YEARS 2004 2024

UCZELNIA KORCZAKA



Anti-burnout puzzle for academics

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Anti-burnout puzzle for academics

Sport bridge as brain training and an antidote to stress

Anti-burnout puzzle for academics

Benefits of playing bridge

The benefits of playing sport bridge

- Bridge is not just a game – it's a form of activity that combines educational, social, and therapeutic elements
- As a strategic game, it requires focus, cooperation, and reflection, which contributes to personal development
- It can serve a preventive function in the context of mental and professional health

Bridge combines intellectual work with social interaction, making it a unique tool for supporting mental health. Regular play can have therapeutic effects, especially in the context of stress and isolation.

Cognitive and health benefits

- **Improvement of cognitive functions: memory, concentration, logical thinking**

  The game requires situation analysis, card memorization, and predicting the opponent's moves – it is brain training comparable to solving logic puzzles.

- **Brain stimulation – strategic and analytical game**

  Bridge activates various areas of the brain: responsible for planning, analysis, decision-making, and emotional control.

Cognitive and health benefits

- **Prevention of dementia and slowing down brain aging processes**

Studies show that people who regularly play mind games, including bridge, are less likely to develop neurodegenerative diseases.

- **Stress reduction through focus and the 'ritual' of play**

Partial repetition and structure of the gameplay have a calming effect, and focusing on the game diverts attention from everyday problems.

Social benefits

- **Building relationships and cooperation**

  Playing in pairs requires trust, a common goal, and mutual understanding, as well as the ability to forget a partner's mistakes – it is excellent training for interpersonal relationships.

- **Intergenerational integration**

  Bridge is a game that benefits people of all ages – people of different ages can sit at the same table, which promotes the exchange of experiences not only related to the game itself.

Social benefits

- **Culture of fair play and non-verbal communication**

  Bridge teaches respect for partners and opponents, discipline, and a specific subtle communication in accordance with the rules of the game.

- **Player community – local and global**

  Players form a community that understands each other, organizes events, and shares passion through, for example, detailed analysis of played hands – this is important for people seeking connection and belonging.

Emotional benefits

- **Stress reduction**

The game allows you to detach from daily duties, and focusing on the gameplay can be compared to relaxation exercises from professional matters.

- **Satisfaction from skill development**

Progress in the game, winning (and sometimes losing) hands, and understanding strategy provide a sense of achievement and skill growth.

- **Sense of belonging to a community**

Regular participation in games gives a sense of being part of a larger group.

And a key point...
Developing soft skills

- **Short- and long-term planning**

  The player must anticipate several moves ahead, analyzing possible scenarios.

- **Accurate analysis of rapidly changing circumstances**

  Each deal is a new situation – it requires quick adaptation and assessment.

- **Quick decision-making**

  Bridge teaches decisiveness under time pressure and with incomplete information.

And a key point...
Developing soft skills

- **Composure**

Even in difficult situations, one must remain calm and maintain emotional control.

- **Responsibility and trust**

The player must strive to ensure their partner understands their intentions and trust that they will make the right decisions.

- **Stress resilience**

Competition, pressure, and unpredictability teach how to cope with stress in a controlled manner.

Bridge as a form of activity

- **Alternative to passive relaxation**

  Instead of passive TV watching – active mental and social engagement.

- **Possibility to play in clubs, at tournaments**

  Scheduled game meetings allow for more effective professional task execution – 'promise of reward'.

- **Possibility to play online**

  Platform availability allows playing from anywhere, anytime, with people from around the world.

Bridge in preventing professional burnout

BEFORE

AFTER

- **Detachment from daily duties**

The game allows for a mental reset and a change of perspective.

- **Detachment from intellectual task-based work**

Bridge engages the intellect in a creative way, free from performance pressure.

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Bridge in preventing professional burnout

BEFORE

AFTER

- **Space for development without publication pressure**

One can grow and learn without the need to prove or document anything.

- **Strengthening sense of competence and agency**

Successes at the bridge table translate into greater self-confidence in other areas of life.

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Bridge in preventing professional burnout

- **Studies indicate a positive impact of mind games on mental well-being:**
  - They indicate mood improvement, reduction of depression symptoms, and increased sense of purpose.
  - Bridge as a form of 'healthy competition' can restore motivation and engagement.
- **Examples:**
  - **Bridge to the People Foundation**

  Studies conducted by foundation members showed that regular bridge playing can improve memory, concentration, and executive functions. A positive impact on emotional processes and reduction of dementia symptoms was also indicated.

Bridge in preventing professional burnout

- **Examples – cont.:**
  - **Newseria – Bridge against depression**

    Published research results show that playing bridge can have therapeutic effects. A reduction in depression symptoms and improvement in overall well-being were indicated.

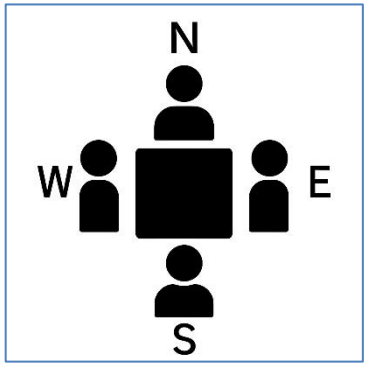
  - **StresKiler – The role of sports in mental health**

    A review of 50 scientific studies (including meta-analyses) confirms that mental and physical activity – including strategic games – positively affects self-esteem, stress and depression symptom reduction, and increases sense of purpose and life satisfaction.

Anti-burnout puzzle
for academics

Basic rules of playing bridge

First of all...



4 players
Two competing pairs:
N–S, E–W

Each player receives 13 cards

13 x ♠ 13 x ♥
13 x ♦ 13 x ♣

A K Q J 10 9 8 7 6 5 4 3 2

A deck of 52 cards
without jokers

- **Bidding**
- **Play**

The game consists of two phases: bidding and play

Bidding

- Contract determination – players declare the trump suit and the number of tricks they plan to take

Bidding is a form of communication – players take turns making declarations that indicate the strength of their cards and intentions. The goal is to determine which pair will play and what the contract will be.

- Hierarchy of suits: ♣ < ♦ < ♥ < ♠ < no trump (NT)

Suits have a defined hierarchy – the higher in the hierarchy, the stronger the suit. 'No trump' means that no suit will have a special role.

Bidding

- Contract and number of tricks:
  - From level 1 (e.g. 1 NT) – required number of tricks is 7 (6 base + 1 declared)
  - To level 7 (e.g. 7 ♥) – required number of tricks is 13 (i.e. all tricks in the deal)
- Bidding conventions as the pair's language

Partners agree in advance what specific bids mean – these are called conventions. They allow players to exchange information about card strength and distribution without violating communication rules.

Bidding

- Oral bidding

  Oral bidding is mainly used in casual games or small local events (tournaments, matches).

- Bidding using bidding boxes

In more serious competitions, special boxes with bidding cards are used – this ensures silence and eliminates informal communication through voice tone.

Play

- One player becomes the declarer, the other – dummy

The declarer is the player from the pair that won the bidding and first declared the contract suit. Their partner lays their cards on the table – they no longer actively participate in the play.

- Fulfilling the contract

The declarer tries to win the declared number of tricks (or more), playing both their own cards and the dummy's cards.

Play

- **Goal: to win at least the declared number of tricks**

  If the declaring pair achieves the goal – they earn points. If not – the defending pair earns points.

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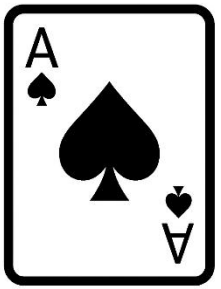
- **The goal of the other pair: to prevent the contract from being fulfilled**

  The defending pair tries to interfere with the contract by winning as many tricks as possible.



How to start playing?

- Bridge clubs

  In many cities, clubs organize meetings, tournaments, and bridge courses.

- Courses for beginners

You can start with the basics – learning the rules, bidding, and play at a friendly pace.

- Online platforms (e.g. BBO, Funbridge)

They allow you to play with a computer or with other players from around the world, at any time.

- Educational materials and apps

Books, videos, mobile apps, and websites are available to help you learn and improve your game.

Competition

- Possibility of recreational and professional play

  Bridge can be treated as entertainment or as a mind sport with tournament ambitions.

- Possibility of playing live and online

  Tournaments are held both in-person and on online platforms.

- Tournaments: Individual, Pairs, Teams

  Individual – partners change during the tournament.

  Pairs – the classic form of playing in a duo.

  Teams – teams consist of two pairs.

- Matches between teams affiliated with sports clubs

  Club teams participate in league competitions.

Example platform for online play

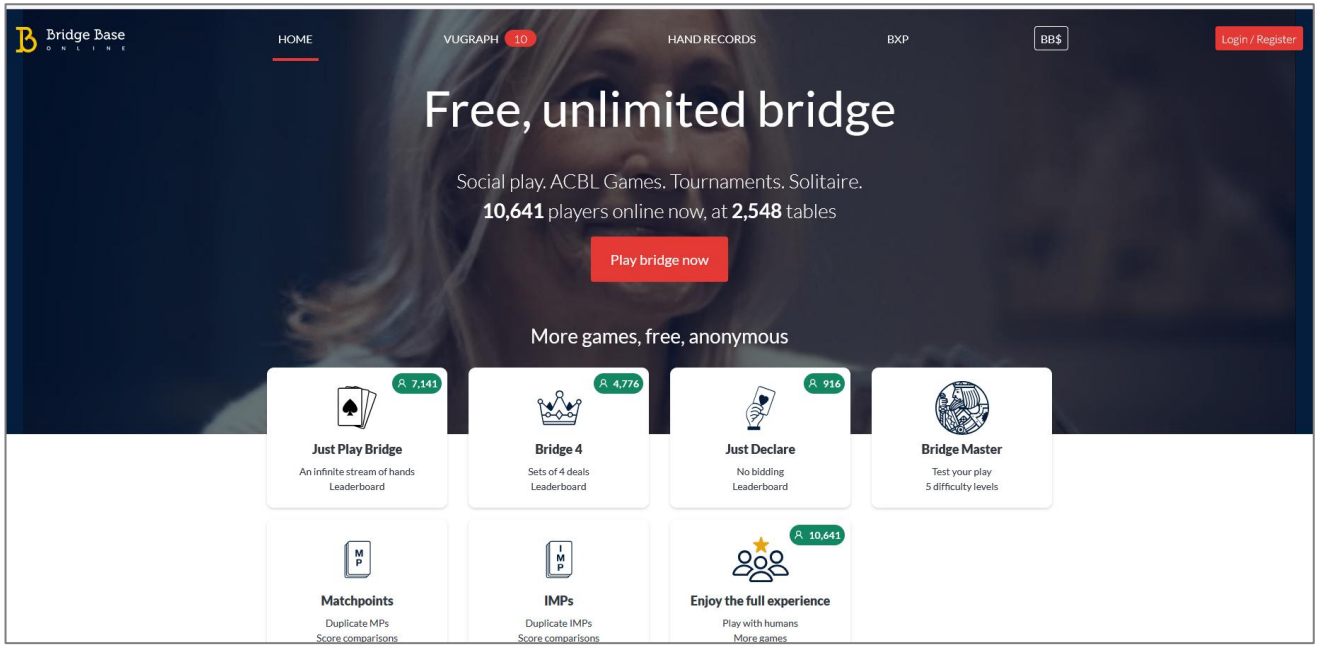
Bridge Base Online (BBO)

One of the oldest and most recognized platforms.

Allows playing with other players from around the world, including tournaments.

Available in browser version and mobile app.

Possibility to play with bots and learn through hand analysis.



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Example platform for online play

Funbridge

Popular platform for playing with robots – ideal for training and learning.
Possibility to play without a partner – robots replace players.
Available as a mobile app and browser version.

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Summary

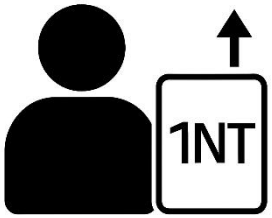
The benefits of bridge are useful to everyone, daily, in private and professional life. Additionally, we can derive great satisfaction from the game. In other words:

PLEASANT AND USEFUL

Source: https://bridgetothepeople.eu/

Practical part

Bidding

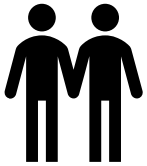


Play

Practical part

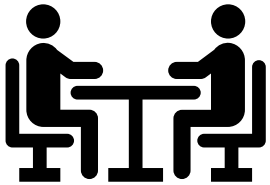
Hand analysis

Partnership cooperation analysis



Practical part

Discussion



Impact of activities on personal attitudes