

Simulation game for health professionals to develop skills for their emotional self-regulation -Simply4emotions

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Funder: EU Erasmus+



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Aim and Objectives: To Develop a simulation game for use by health and social care professionals to support the development of emotional self-regulation skills.

Design/Methods: Global shortages of health and social care professionals have encouraged a greater focus on retention and the related issues of burnout and intention to leave. Health and social care professionals are often subject to a range of physical, emotional and psychological stressors as part of their work. Those with more developed emotional regulation skills can manage such stressors more effectively, reducing the potential of burnout and exiting the health and social care sector. Emotional regulation is not an innate characteristic but rather can be learned and developed, particularly through understanding how re-appraisal of situations can alter emotional reactions. Phase one of the project thus centred on a number of reviews of the literature that examined topics such as emotional regulation theories and models, resilience amongst health and social care professionals, and game development. These reviews informed the ongoing game development phase (phase two), which is currently well underway.

Dissemination: Progress reports and project updates available at <https://simply4emotions.eu/>