# CONNEXT: House of Resources

## Background information

### For professionals

These game challenges are based on a material developed by Mieli, Mental Health Finland. As part of CONNEXT for inclusion project it was gamified by Metropolia University of Applied Sciences and Helsinki YMCA in Finland.

The aim is to encourage youth to observe factors in their everyday environment, which may affect mental health, provide support to identify their own resources and strengthen their self-esteem and wellbeing.

Most of the challenges are designed for independent use, however, others include pair work. You are welcome to copy the game challenges and modify them to your own purposes.

Other game challenges in English can be found at [www.metropolia.fi/games-seriously](http://www.metropolia.fi/games-seriously).

For further information on the CONNEXT project, please see [www.connextforinclusion.eu](http://www.connextforinclusion.eu).

### Orientation to players

From time to time it is important to think of your personal resourses. These game challenges give you an opportunity to reflect your feelings but also to find ideas how to support your personal wellbeing.

### Background picture

Mieli ry, Mental Health Finland

What is important to you?

Think about people, places, activities etc. that are important in your life.

Take a blank sheet of paper and write your name in the middle. Alternatively you can draw your picture.

On paper, create a network around yourself of everything that is important to you, so that the elements that are most important to you are closest to the center of the paper.

Take a picture of the network of important things and save it here.

Exercise completed, excellent!

## Which words describe you?

Come up with three words to describe yourself.

Interview your pair to ask which words describe them the best.

Make an audio recording of the interview.

## Who are you? How are you?

Who are you and how are you?

Complete the following sentences:

* I'm at my happiest when\_\_
* The thing I most like in myself is \_\_
* One thing characteristic of me, which I would like to additionally improve, is \_\_
* I believe, that the thing, which others respect in me, is \_\_

## Identify feelings

It's sometimes hard to identify our own feelings and those of others.

With your pair, please choose **at least four different emotions** from this list: happiness, relaxation, affection, relief, joy, excitement, jealousy, rage, frustration, disappointment, guilt, sadness, apeus, confidence, fear, embarrassment, disgust, anxiety, shyness, worry, outside, humiliation, enthusiasm, love.

Your task is to present emotions as a pantomime to your pair, who tries to guess what that emotion is. You can then switch roles.

Write or make an audio recording of your answer to the following questions:

* Were some emotions easier to identify or present than others?
* Did some emotions get mixed up?
* How did you feel making this excercise?

Exercise completed, excellent!

## Look for emotions!

Go outside and take pictures of things, colors, landscapes, etc. that evoke different feelings in you.

Take at least one picture of things that evoke positive emotions, as well as one picture of things that evoke negative emotions.

Upload the pictures and write down which emotions they present.

Exercise completed, excellent!

## Calm yourself

It's important to learn the skill to calm down in situations that raise strong emotions.

First think what usually helps you the best when you should calm down. Take a picture or find a picture online of the thing that you feel is most helpful.

You can also write an explanation, what is so soothing in the picture.

Exercise completed, excellent!

## Feeling good in everyday life

Write down a list of five things that make you feel good in your daily life.

Do you feel that you can have or do these things often enough? If the answer is no, this may be a good moment to think how to perhaps fix the situation.

Exercise completed, excellent!

## Be proud of yourself!

When have you been proud of yourself?

Discuss with your pair and write down one example here.

Exercise completed, excellent!

What is your favourite hobby? What would you perhaps like to do or try out in the future? Have you had a favorite hobby you might want to start again?

Choose one hobby you feel gives/could give you the most pleasure right now. Do not write what that hobby is, but instead make a video that shows what the hobby is.

(If your face is shown, please make sure to sign the permission form.)

Exercise completed, excellent!

## Your favourite place

What is your favourite place? Instead of writing the answer, please share a picture or take a screenshot of the place with the map app.

Then write or tell in an audio recording, why you like this particular place.

Exercise completed, excellent!

## Your favourite book

What is your favourite book? Why is it important to you? Remember that comics are books as well.

Take a picture of the cover of your favourite book here. Write or record an explanation, why you like it.

Exercise completed, excellent!

## Visit Ohjaamo!

Ohjaamo offers support, information and guidance to all people under the age of 30 e.g. related to education, employment and hobbies free of charge.

Visit the Ohjaamo in Helsinki's Kamppi (address: Fredrikinkatu 48).

Find out what kind of tips they have to give for your leisure time.

There are many brochures on the shelves and tables presenting different activities. Take a picture of one brochure that interests you the most and save it here.

Exercise completed, excellent!

## Interesting event

Visit website www.menoinfo.fi/ and find out next week's events in Uusimaa area.

You can narrow your search down for example by selecting a certain audience or searching only for events that are free.

Choose one event that interests you the most. Write down its details below and tell if you would like to participate in it alone or with somebody else.

Exercise completed, excellent!

## Safe group

Watch the following video about how young adults have felt about what a safe group is (in Finnish):

[Safe spaces video by The Mannerheim League for Child Welfare in YouTube (in Finnish)](https://www.youtube.com/watch?v=x6wwAt8U-7M).

What do you yourself think makes a safe group and which of the opinions in the video can you relate to? Write or record your answer here.

Exercise completed, excellent!

## Different roles!

People take different roles in groups. Some roles actively promote the group's work, some of them maintain it, and some interfere with group activities perhaps slowing them down.

There is two phases in this task.

1. First, read the following descriptions of example roles in groups and combine them with the correct role.

Provide and present new ideas, suggest goals and solutions.
Initiating role

Thinks about the good and the bad sides. Considers different solutions.
Critical thinker

Understands and values the opinions of others and gives approval to others.
Encouraging role

Compromises and figures out differentiations between individuals.
Mediator, conciliator

Rejects the suggestions of others immediately and arguments.
The interceptor, rejecter

Makes sure that things are balanced and advances fairly. Makes sure that agreements are followed.
Observer

Understates and judges’ others, their actions and opinions.
Attacking/hostile role

Passive. Doesn’t take part in the discussion and doesn’t listen.
The withdrawn/absent individual role

Acts insecurely and understates themselves.
The individual who undervalues themselves

Highlights themselves, steals other’s ideas and doesn’t want to develop the ideas of others.
The competitive role

1. Secondly, please complete the following sentences by thinking of yourself and reflecting on the roles you just read.
* I often adopt the \_\_ role in a group setting.
* The most enjoyable role for me is the \_\_\_.
* \_\_\_ are the roles that feel the most unnatural for me.
* The role which I value the most is:\_\_\_.

## My rights!

As defined by Nyyti ry, the word ”assertive” means one’s capability to express one's thoughts, needs, wants and opinions directly and genuinely. As a result, others should acknowledge related boundaries.

Being assertive and setting boundaries is a skill that requires practise from many of us. Everyone has a right to their boundaries!

Think of different situations where setting boundaries is not that easy for you. Then choose three options from the following list that are important to you right now.

For more information you can read [Nyyti ry’s PDF-publication (in Finnish)](http://www.nyyti.fi/wp/wp-content/uploads/2016/08/Ole-oman-elamasi-tahti.pdf).

**List of assertive rights:**

* I have the right to value my own behaviour, thoughts, emotions and take full responsibility of them and their consequences.
* I can’t be forced to explain the reasons behind my behaviour.
* I have the right to decide to which extent I have to find solutions to other people’s problems.
* I have the right to change my mind.
* I have the right to be wrong and to be responsible of my wrongdoings
* I have the right to say: I don’t know.
* I have the right to be irrational in my solutions.
* I have the right to say: I don’t understand.
* I have the right to say: I don’t care.
* I have the right to defend myself even when it might hurt somebody else, if my intention is defensive, not offensive.
* I have the right to ask something of someone else, if I understand that they have the right to say no.
* I have the right to express my needs to someone, even if they think that my needs are irrational or unnecessary; they don’t want to hear it; they accelerate or get hurt whilst listening to me; or when I think, that I shouldn’t have those needs.
* I have the right to use my own evaluation to decide whether someone else’s request is reasonable.
* I have the right to be in denial to something without feeling bad, guilt or shame about it.
* I have the right to be in denial even when someone necessarily wants me to accept; when someone has authoritarian position in relation to me; or when someone has emotional disorders.
* I have the right to express how other people’s words and actions affect my emotions.

## YOU!

Which of the following adjectives describe you the best?

Please select at least three.

* Hard-working
* Friendly
* Gentle
* Empathetic
* Helpful
* Intelligent
* Humoristic
* Innovative
* Resilient
* Responsible
* Strong
* Reliable
* Considerate
* Quick-witted
* Brave
* Open-minded
* Determined
* Honest

## Give some feedback

Take a pair and think what are the best features they have. Give them this positive feedback to enlighten their day.

Write or make an audio recording here on what praise you received and gave.

Exercise completed, excellent!

## Be supportive and give support

Supporting others and receiving help are important skills.

Below here is a labyrinth. Solve it with closed eyes together with your pair, who serves as the instructor. Use a drawing tool on your phone or do it on a paper, if possible.

The person using the pen/finger keeps their eyes closed while solving the labyrinth and the other person is allowed to guide and advise them only using their voice. You can then switch roles.

Discuss the following questions with your pair:

* How did this task feel like?
* Was it easy to listen and to take advice?
* Was it easy to guide the other person?

Summarise your discussion in a few sentences in written or on an audio recording below. Upload the picture of the labyrinths here.

Exercise completed, excellent!

## Sekasin chat!

In the Sekasin chat, you can discuss anything on your mind with trained volunteers and professionals.

Discussions take place anonymously in real time between the two of you.

Look for more information on Sekasin chat website and answer the following questions.

* What ages the chat is aimed at?
* When it the chat open?

## Mieli ry, Mental Health Finland

In its crisis centers, Mieli ry, Mental Health Finland, offers support to you and your loved ones in difficult life situations.

The support can be needed, for example, after termination of a relationship, illness of a loved one, and an accident.

Meetings are accessible without a referral, they are free of charge and discussions are conducted confidentially. Time for the conversation is booked by phone or online form.

Check out [Mieli ry's website](https://mieli.fi/fi/tukea-ja-apua) and answer the following questions.

* How many crisis centers Mieli ry has in Finland?
* Where is the crisis center nearest to you located?

## What supports coping?

What helps you to manage in difficult situations?

First, read the article [**Several ways to survive a difficult situation in life** by Mieli ry (in Finnish)](https://mieli.fi/fi/mielenterveys/monia-keinoja-selviyty%C3%A4-vaikeasta-el%C3%A4m%C3%A4ntilanteesta).

Everyone can have several coping strategies. Which are the ones you yourself use most often?

1. First, choose all strategies that you have a tendency to use:
* Tendency to cope with intelligence
* Tendency to cope emotionally
* Tendency to cope socially
* Tendency to cope spiritually
* Tendency to survive physiologically
1. Then describe shortly in written one difficult situation in your life. How did you manage get through it?

