

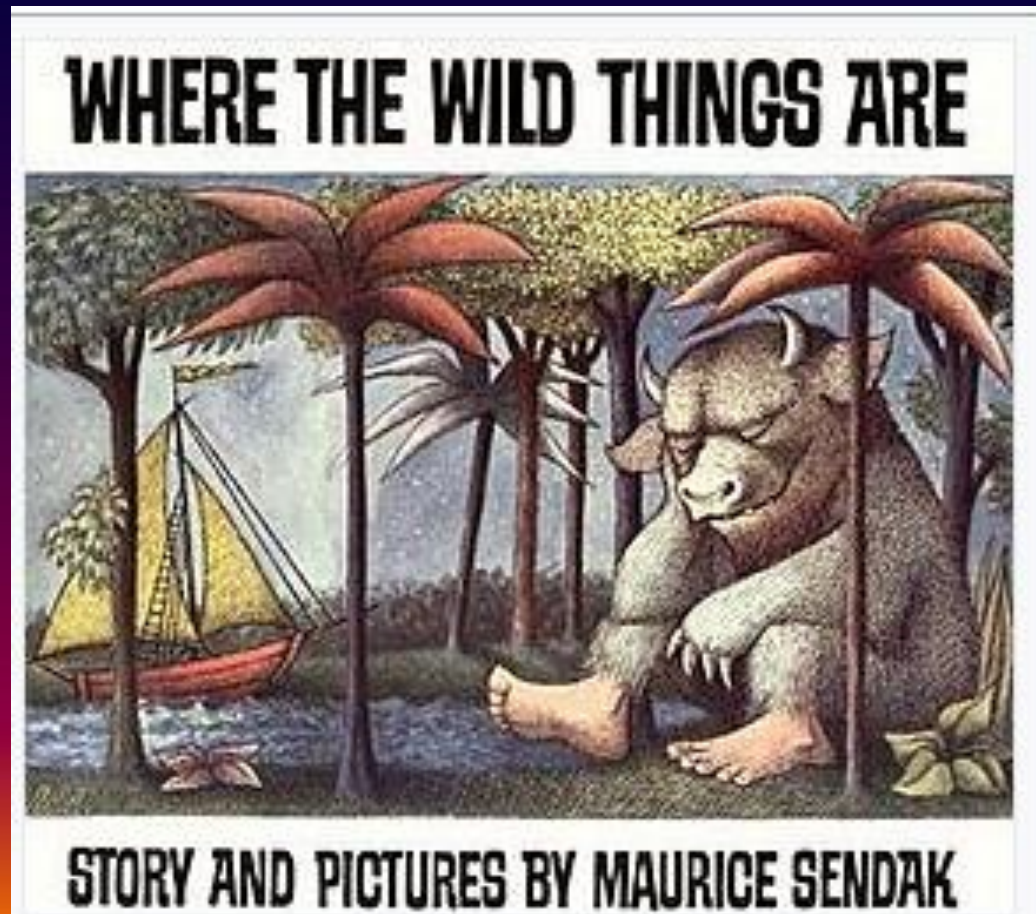
Leave Stress Behind

Taming Stress For Better Wellbeing

By Joanne Lastort



Where the Wild Things Are



Dealing with the things that cause you stress can feel like you're being attacked by monsters.

But Max is here to show you how to beat them and send them to bed without supper.

Objective

To teach employees how to identify individual stress triggers and learn how to handle them

This will accomplish the following measurable business goals:

- Reduced sick time
- Increased productivity

This will accomplish the additional intangible goals:

- Improved communication
- Improved morale



Adventure

- Set on the island where the wild things are.
- Characters:
 - Max (the guide)
 - Employee (Motivators: Power, Idealism, Social Contact)
 - Monsters: boss, child, client, schedule (challenges)
- Outcome: All monsters will be conquered and set to bed without supper (Example: Mentor teaches employee how to talk to boss)



Mechanics

- Guild: employee group with similar issues
- Mentorship: will help with guidance
- Gifting: donating PTO
- Achievements: monsters subdued
- Structure building: location of company benefits and resources)
- Hints provided by Max: if employee can't find something or gets stuck

High tech would be the most fun, especially because of the employee having to search.

The End

Employee identifies their stressors

Those are the monsters that are used

The mechanics depend upon the stressors and monsters

Employee's motivators:

- social contact is fulfilled by guild and mentorship

- idealism: gifting

- power: achievements (conquering the monsters)

Ultimately the employee learns what causes them stress and how to best handle it.

The goal of less sick time and improved productivity is measurable and achieved.