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# 4 SIMPLY emotions

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

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KA2 - Cooperation for Innovation and the Exchange of Good Practices Strategic Partnerships for adult education

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## BACKGROUND

Health professionals face significant emotional challenges, leading to high rates of burnout and workplace-related stress. Strategies like cynicism and turning to administrative tasks are employed to cope. Emotional self-regulation skills are crucial for preventing burnout, but many health professionals lack these skills. This project aims to address this by promoting emotional self-regulation skills through innovative simulation game. The goals include contributing to health promotion, improving care quality, and benefiting from the diverse expertise of a transnational cooperation

## CONSORTIUM OVERVIEW

The Simply4Emotions consortium includes seven institutions. As academic institutions, DBHW, University of Galway and TURKU AMK are active in delivering education and training courses to professional and adult learners through health and social care programmes. FRODIZO, ISRAA, and WW have significant professional expertise and experience, as well as dedicated structures for both home and residential care of older people. CHALLEDU provides the expertise in developing multimedia content.

## AIMS AND AUDIENCE

This Erasmus+ project focuses on creating a digital-physical simulation game for health professionals and educators, emphasising emotional self-regulation.

The key objectives of the project revolve around:

- Creating a secure learning environment in a simulation game, fostering emotional self-regulation skills.
- In healthcare, it addresses professional shortages and high exit rates by enhancing emotional self-regulation for improved societal healthcare safety.

## OUTPUTS

1. Digital-Physical Simulation Game  
A game, accessible as Open Educational Resources (OER), will be provided to health professionals in both physical and digital formats.

2. Development of a Didactic Design  
The project involves the creation of a didactic design by collaborative efforts from academic and care provider partners. This design will be tailored around the simulation game, incorporating teaching content.

## RESULTS

- **Contribution to Health Promotion:**  
The project focuses on promoting emotional self-regulation as a protective mechanism, contributing to health promotion and preventing stress and burnout among health professionals.
- **Improvement in quality of care:**  
Some studies suggest that emotional self-regulation training positively affects health professionals, with an overall positive impact on the quality of care.
- **Innovative Simulation Game Approach:** The simulation game serves as an innovative access route, proving particularly useful for highly sensitive topics like emotional self-regulation.
- **Transnational Cooperation:** The collaboration serves as a special motivation for all partners, fostering joint development of a simulation game that not only provides synergy effects but also leverages the diversity of expertise within the consortium, significantly benefiting creative development.