

**Lessons from the gaming industry:
a nurse's perspective on**

Making health fun

Anna Sort



@LostNurse



The image features a monochromatic blue color scheme. The background is a collage of various characters and elements from Blizzard Entertainment's franchises. At the top center, a woman with long, flowing blonde hair is depicted. To her right, a large, menacing, horned creature with glowing eyes is shown. In the bottom left, a character with a long white beard and a pointed hat is visible. In the bottom right, a character with blonde hair wearing a headset is shown. The central focus is the word "BLIZZARD" in a large, white, stylized, jagged font. Below it, the word "ENTERTAINMENT" is written in a smaller, white, sans-serif font. The background also features a repeating pattern of hexagonal icons, some of which are recognizable as the Warcraft, StarCraft, and Diablo logos.

BLIZZARD

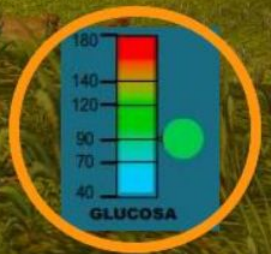
ENTERTAINMENT



U.S. Army photo by Marcy Sanchez

Fanieta

11:15



1
2
3
4
5
6
7
8
9
10

Wolfra has defeated Wolfma in a duel
Wolfra has defeated Wolfma in a duel

Tough Hunk of Bread
Fast absorption

Backpack

Search

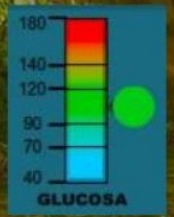
5	10	15	5
5	10	5	5
5	15	7	
5	5	5	5

6 7

Tarieta

Elwynn Forest

etusk



Screen Captured

6

Woltra has defeated Wolfma in a duel.
 [Sorcky] invites you to join GateSeven.
 ▲ [Atenea Marchite] has gone offline.

Backpack

Search

5	10	5	5
5	19	5	5
5	5	5	5
5	5	5	5

6 7

WoW Diabetes

Glucose	Medicine
95 mg/dL	10
<input type="button" value="Check"/>	<input type="button" value="Use"/>
<input type="button" value="Website"/>	<input type="button" value="Close"/>

You are starting to feel better

Scarlet Scholar

Athenaeum

Dungeon

SCARLET HALLS

- ✓ 1/1 Houndmaster Braun defeated
- 0/1 Flameweaver Koegler defeated

Bonus Objectives

- ✓ Armistaster Harlan defeated

Quests

- 1 The Ritual
Ready for start-in





Lesson n°1

A wooden Scrabble rack is positioned diagonally across the frame, containing the word "STRESS" in black letters. Each letter has a small number in the bottom right corner: S₁, T₁, R₁, E₁, S₁, S₁. The rack is surrounded by several loose wooden letters scattered on a light-colored wooden surface. Visible letters include 'S', 'P', 'J', 'W', 'R', 'E', 'R', 'H', 'A', and 'D'.

S₁ T₁ R₁ E₁ S₁ S₁

8/10 have suffered stress
in the last year - Gallup 2017



Autonomy and Competence



6

Moves:
13

Score:
70220







Lesson n°1:
Turn stress into challenge

Lesson n°2



Edward Hopper, Urbs Affectu

A photograph of a golden retriever and a black and white puppy resting on a light-colored sofa. The golden retriever is on the left, and the puppy is on the right. The background shows a wooden floor and a potted plant.

Buddy's for life



Relatedness



Thunder Bluff

Alena

45

Nindrez

45

Nindrez

Nearby 0

11:43

[2] The Hunt Begins
 Plainstrider Meat: 0/7
 Plainstrider Feather: 0/7

Alena
 100%
 Options

Angelox
 <CREW>

enhanix v0.2.0420-0 loaded
 Informant v8.2.8374 loaded
 Auctioneer loaded (version 8.2.6430)
 Switching Lang to enUS
 AutoDisenchanted inactive
 HealBot 1.13.2.7 loaded
 [HealBot] /hb h -- Display help
 [2. Trade - City] [Tkrjo]: LF HEAL/TANK <STRAT> Solo
 Magistrado*Unforgiven(head magis res)

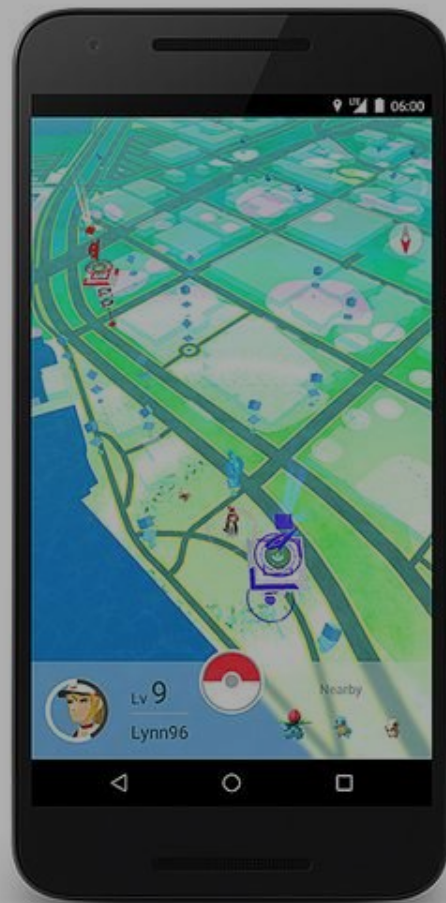
Game action bar with various icons for spells, items, and abilities.



Lesson n°2:
Recruit the right allies

Lesson n°3









Lesson n°3:

Find purpose and meaning

3 lessons learned from video games:

1. Turn stress into challenge

2. Recruit the right allies

3. Find purpose and meaning

ADDICTION video games:



A nine-year-old girl is in rehab after becoming so addicted to a computer game she wet herself in order to keep playing.

“My husband saw her light on in the night and found her sitting on a urine-soaked cushion playing the game.

She had fallen asleep twice in lessons and her grades were slipping

She revealed she had been playing for up to ten hours a day, sometimes until 5am.

children as young as eight showing signs of addiction to *Fortnite*



Tip n°1:

Involve yourself

XBOX ONE

FORTNITE



12
www.pegi.info

EPIC
GAMES

gearbox
publishing

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Tip n°2:

Create goals for play time





Tip n°3:

What have you learned today?





THANK YOU!

@lostnurse

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