GAME ASSETS



CONNECTED
ON THE JOURNEY

THE ONLINE SUPPORT JOURNEY GAME

All of the elements needed to play the game in one place. And some extra content too!

WHAT CAN BE FOUND HERE?

- Decks for the game
- Mats for the game
- Original mats used during our workshops
- Warm-up workshop activities examples

All the assets provided are what we used during our workshops, but they can be your inspiration. You can make cards and scenarios that are much more profiled towards your service, and you use different examples for characters and journeys.

ConnectED on the The Journey - Tha Game **is made for you to assess your service in a fun and creative way, so feel free to adjust it the way it works for you!**

One-to-One Cognitive Behavioral Therapy (CBT)
Body Image Work
Group Cognitive Behavioral Therapy (CBT)
Nutritional Support
Peer Support (e.g., online support group)
Talking Therapy

Teams	VR
Zoom	Facebook Messenger
Video chat	WhatsApp
Chatbot	

..... finds it difficult to open up to people on screen and is worried about 'freezing up' and not feeling able to say anything

BEFORE

..... is very anxious when it comes to figuring out how to use .....

BEFORE

..... is anxious about having to download and install a new app of their device to access support

BEFORE

The platform used is not very compatible with the device ..... has at home

BEFORE

They are doubtful about how the service can help them

BEFORE

..... is very worried about seeing their face on screen

BEFORE

They are scared they will not remember everything they need to say

BEFORE

They are sitting down for a meeting before they had a chance to prepare, struggle to get into the reflective mood

BEFORE

They need to cancel the meeting, but because they are ashamed they just do not attend and ignore messages from the service

BEFORE

They stress that they have to repeat their personal history again, and that they will be misunderstood

DURING

The internet connection suddenly goes down during the online session

DURING

The internet freezes or buffers during the session, meaning that something said was missed and might need to be repeated

DURING

DURING

..... has been very unwell recently but decides to pretend everything is fine when meeting online

The internet connection suddenly goes down during the online session

DURING

..... feels 'far away' from the support provider online and misses being with them in the room.

DURING

..... suddenly has a knock at their front door

DURING

The therapist or person facilitating the online session suddenly has a knock at their door

DURING

..... is worried because the session is taking place at home, and they are worried about their confidentiality – can anyone hear what they are saying?

DURING

..... is worried about the confidentiality of the platform being used: is it end-to-end encryption? How is their data being stored?

DURING

The session is using an interactive part of the software (e.g., Whiteboard) to share thoughts or feelings, but ..... is having problems using it

DURING

..... half-way through the online session starts to feel that perhaps this type of support is not really for them?

DURING

Accessing online support is making ..... feel even more isolated

DURING

..... doesn't mind the online sessions, but is worried that this might replace the face-to-face / in person sessions

DURING

..... does not have a sense of closure at the end of the session and cannot reflect

AFTER

..... remembers things they forgot to mention

AFTER

..... purposely did not mention something and they second guess their decision now

AFTER

..... does not have a sense of closure at the end of the session and cannot reflect

AFTER

..... forgets what happened during session because they had no time to reflect after

AFTER

..... is in a slight emotional distress, but has no chance to cool down after the session

AFTER

Session turned out to be different than expected. ..... has mixed feelings and they are not sure what to do.

AFTER

15
19
23
27
31
39
45
51
57
62
68
75
80

Alex
Jamie
Charlie
Taylor
Blake
Riley
Bailey
Robin
Frankie

Female
Male
CIS
Trans
Non-binary

Bubbly
Distances
Shy
Withdrawn
Careful
Anxious
Gullible
Careless
Impatient
Extroverted
Doubtful
Sceptical
Friendly
Easily bored
Inattentive
Extroverted
Inbtroverted

Plants
Board games
Science
Painting
Cross-stiching
Cats
Reading
Knitting
Video games
Photography
Hiking
Make-up
Gardening
Technology

WISHES TO TRANSITION FROM FEMALE TO MALE. WORRIED ABOUT BODILY CHANGES OCCURING FOLLOWING PUBERTY

STARTED A DEGREE AT UNIVERSITY AND IS WORRIED THAT WITHOUT SUPPORT THEY WILL FAIL THE YEAR

HAS A YOUNG CHILD, AND IS SCARED THAT WITHOUT HELP THEY WILL NOT BE ABLE TO PROPERLY TAKE CARE OF THEM

THEY WORK LONG HOURS, AND SOMETIMES STRUGGLE TO DISCLOSE THEIR MENTAL HEALTH STRUGGLES WITH FAMILY OR COLLEAGUES. THIS IS WHY THEY HAVE CHOSEN ONLINE SUPPORT

WORKS IN THE SERVICE INDUSTRY, WITH LONG AND IRREGULAR HOURS. IT IS HARD TO MAINTAIN ROUTINE AND FIND SUPPORT

FAMILY ARE UNSUPPORTIVE AND DISMISSIVE OF THEIR EATING DISTRESS / EATING DISORDER

THEY HAVE SUPPORTIVE FRIENDS AND FAMILY, BUT ARE NOT CONVINCED THEY ARE ILL ENOUGH TO RECEIVE HELP

THEIR SPOUSE RECENTLY DIED, AND FAMILY LIVES FAR AWAY AFTER AS THEY MOVED TO A DIFFERENT TOWN

THEY STRUGGLE WITH COSTS OF LIVING CRISIS AND CANNOT AFFORD PRIVATE HELP

WHEN SPEAKING TO STRANGERS, THEY DOWNPLAY THEIR ILLNESS

CONCERNED ABOUT POSSIBLE RELAPSE AFTER PROLONGED PERIOD OF RECOVERY

THEIR COERCIVE RELATIONSHIP MAKES REACHING OUT FOR HELP DIFFICULT

MISTRUSTING OF ONLINE SERVICES DUE TO PREVIOUS NEGATIVE HEALTHCARE EXPERIENCE

THEY ARE UNEMPLOYED AND HAVING PROBLEMS WITH FINDING NEW JOB

NAME.....

AGE.....

ETHNICITY.....

BIO .....

.....

.....

.....

INTERESTS.....

.....

PERSONALITY.....

.....

.....

.....

TYPE OF SUPPORT

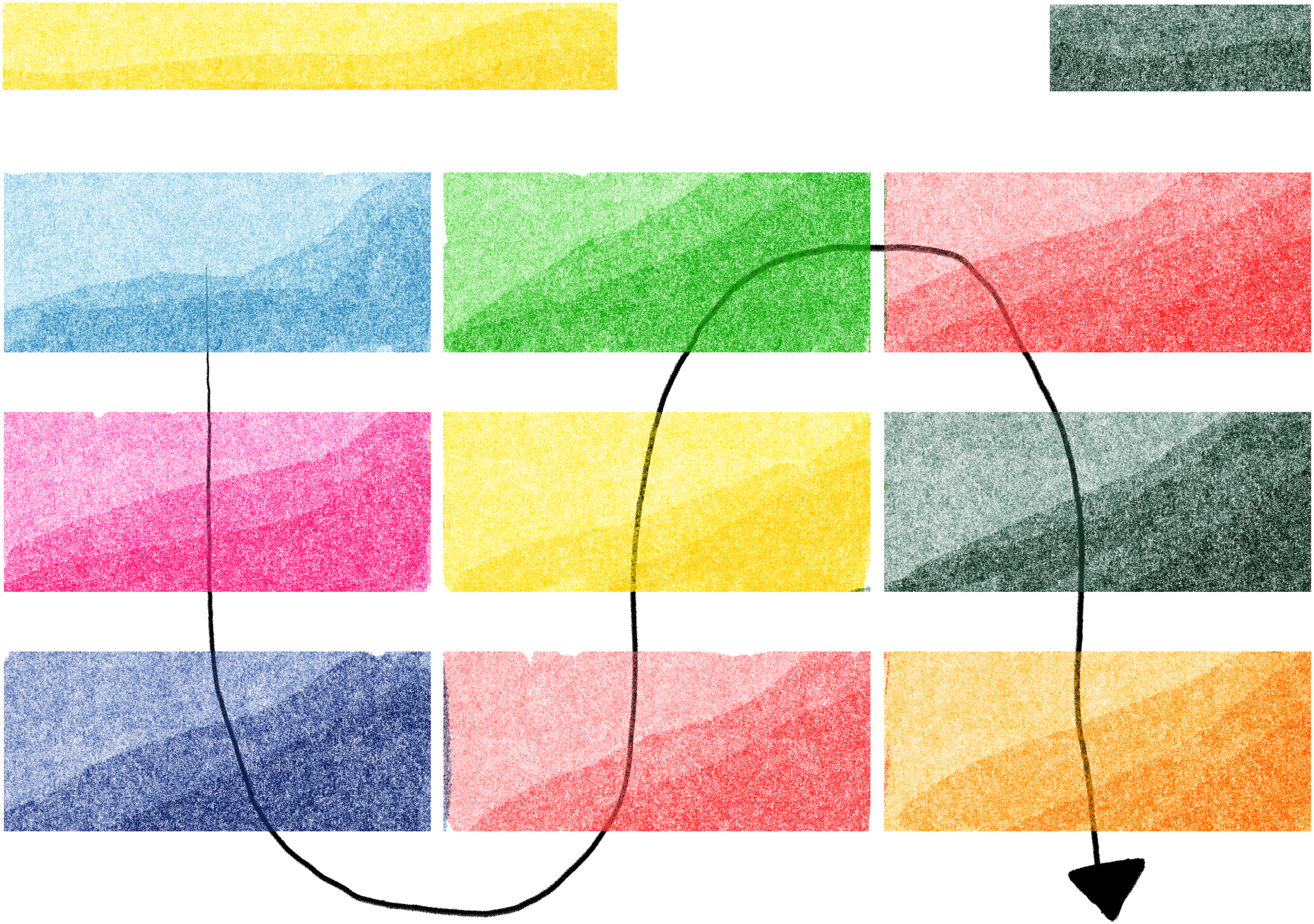
PLATFORM USED

GROUP

BEFORE

DURING

AFTER



Name

Age

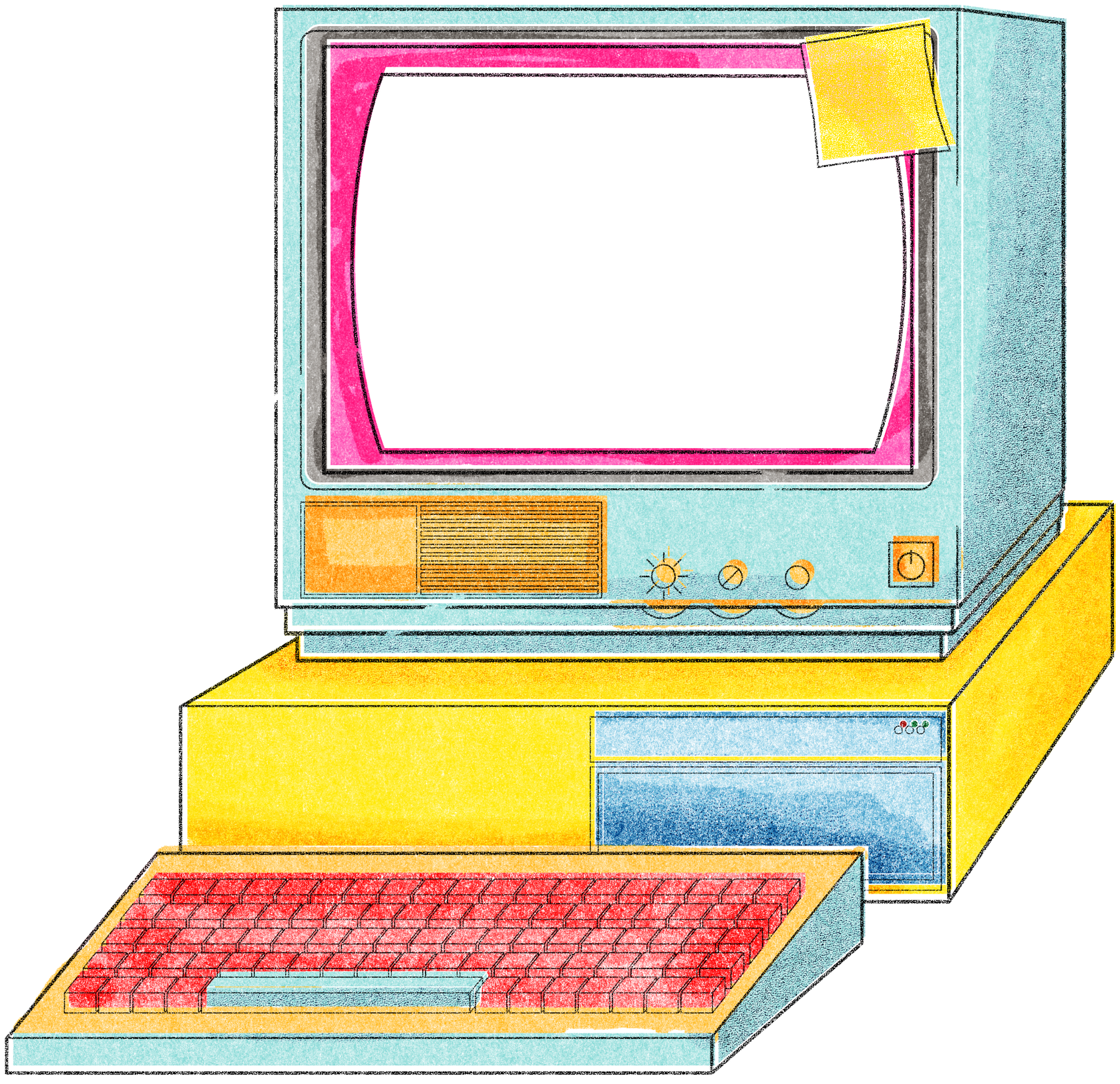
Ethnicity

Interests

Personality

BIO

MY EXPECTATIONS



Who is the session with:

MY FEELINGS

Before the session

1 Take a moment to reflect on your current emotions, preconceptions, and any fears you may have about the upcoming online session. Consider the variety of feelings you might be experiencing.

2 Think about colours, patterns, or shapes that personally resonate with each of your identified feelings. Create a legend using the template below.

3 Fill in the rectangular above using the colours, patterns, or shapes you created in your personal legend. Be creative in expressing the intensity and nuances of each emotion. This visual representation will serve as a portrait of your emotional state before the session.



REFLECTIONS

After the session

MY MOOD

THINGS I FORGOT TO SAY

THINGS I DECIDED TO KEEP TO MYSELF

1 Examine the squares provided on the sheet. Each square represents a different type of reflection: mood, things you forgot to say, and things you kept to yourself. Assign a distinct shape to each reflection type.

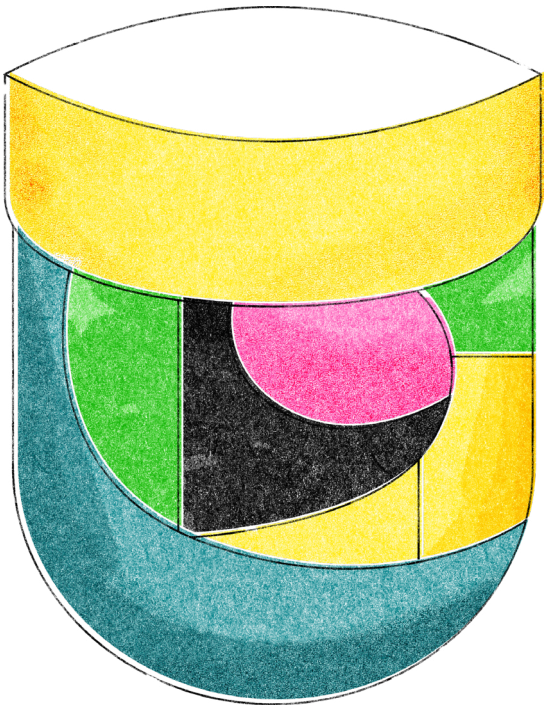
2 After assigning shapes to each reflection type, fill the squares with these shapes in a way that accurately represents your thoughts and reflections after the session. Modify the shapes to convey the intensity and depth of your feelings and thoughts.

3 Feel free to get creative with colours, patterns, and shading to enhance the visual representation of your reflections. This activity serves as a personal and visual tool to capture the nuances of your post-session thoughts and emotions.



THINGS I LIKE

About myself



1. Reflect on the positive aspects about yourself or things you are proud of after completing the online session. These could be personal achievements, newfound knowledge, or positive feelings. Take a moment to acknowledge and appreciate these qualities.

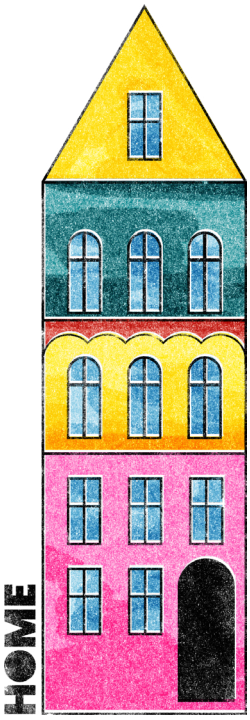
2. Use the pre-drawn plant pot on the sheet and add leaves or flowers to represent the positive qualities or aspects you like about yourself. Get creative with patterns, shapes, and colours to symbolize different feelings—there's no need for realism. The goal is to create a unique and vibrant representation of your confidence.

3. By the end of this activity, you'll have a personalized visual representation of the positive qualities you appreciate about yourself, presented in a whimsical and artistic way. Enjoy the process and celebrate your strengths!



MY TRAVEL

To the session



HERE

1

Take a moment to think about your journey from home to the session. Consider the various aspects of the trip—whether it was fast or slow, any funny or annoying situations, or unique experiences along the way. Recall the details that stand out to you.

2

Draw the path of your travel using random shapes, patterns, and colours. Let your creativity flow as you visually represent the different elements of your journey. Don't worry about accuracy or realism; the goal is to capture the essence of your travel experience in an abstract and artistic way.



Towards a better online support experience for eating disorders and eating distress

Medical Research Foundation

Northumbria University NEWCASTLE

RHED-C

REMOTE HEALTHCARE FOR EATING DISORDERS THROUGHOUT COVID-19