

# GAMING FOR MENTAL HEALTH

## Using Games To Support Wellbeing



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- Hawaii Pacific University, Computer Science & Business Entrepreneurship
- Founder of the PA S.T.E.A.M & Video Game Education Festival
- Over 25+ years in Technology & Video Game Industry
- Edutainment Cosplayer & Convention Speaker
- Military family mental health speaker and Founder of Military Kids Counseling Organization
- Author of over 6 published books and guides, including “**A Savvy Moms Guide to Parenting Generation Z**”
- Love technology, video games, cosplay, Steampunk, Sci-Fi, coffee, traveling, learning and discovering
- Married for 28 years and mother of a 17, 18, 19





# USING GAMES TO PROMOTE INNER BALANCE



- **Emotional Recovery**
  - **Social Connections**
  - **Mental Strengthening**
  - **Career & Life Decisions**
  - **Skill Improvements**
- 
- **Console Games**
  - **PC Games**
  - **Apps & Mobile Games**
  - **Tabletop Board Games**

# 6 STEPS TO POSITIVE GAMING

<b>G</b>	<b>GIVE</b>
<b>A</b>	<b>ASSESS</b>
<b>M</b>	<b>MANAGE</b>
<b>E</b>	<b>EXPLORE</b>
<b>R</b>	<b>RATE</b>
<b>S</b>	<b>SOCIALIZE</b>





## GAMES SHOULD WORK WITH THE 6 STEPS



- Helps distract the mind with moderate thinking mixed with imagination
- Provides a different routine to everyday life patterns
- Allows the development of skills and talents without risks
- Stimulates creativity to become or grow what we desire
- Engages critical thinking, problem solving, and subject learning
- Promotes teamwork, strategy building, and hand+eye coordination





# MMORPG & RPG GAMES



# MMORPG & RPG GAMES



**RPG or MMORPG games are Massively Multiplayer Online (MMO) Role Playing Games (RPG).**

- **MAY or MAYNOT have socialization**
- **Single Player = ONE player**
- **Multiplayer = open to all players**
- **Cooperative (COOP) = Friends only**

- **Collecting, crafting, building**
- **Questing, exploring, puzzles**
- **Fighting, dungeons, PVP**
- **Story telling and role playing**





This is a filler for a video played during the LIVE Webinar. To view gameplay videos, visit the following YouTube Channels:

WEDISCOVERGEEKS: <https://www.youtube.com/channel/UCQX22J8rlq1qRy5R376wcrw/>

KATBRAT GAMEPLAYS: <https://www.youtube.com/channel/UCfCxbuCiYU9VtpySA5KeEJw>







MMORPG & RPG games are the best kind of games for a variety of people, playstyles, time restrictions, and limitations.

## BENEFITS

- Provides socialization
- Multiple activities
- Various challenge levels
- Enhanced storylines
- Teamwork & Strategy







**SIMULATION GAMES**

# SIMULATIONS



**A simulation game utilizes real life skills, talents, and activities in a simulated world.**

- **Life & Real Time**
- **Construction & Management**
- **Ecosystem & Economy**
- **Sports & Careers**





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# SIMULATIONS



**This experience validated the important role that video games provide to us mentally and physically. Through these games, we can become more confident in our decisions, our skills, and ourselves.**

- **Improved Concentration**
- **Critical Thinking**
- **Hand+Eye Coordination**
- **Learning and Discovery**
- **Quicker Decision Making**









**MORE GAME GENRES**



# RHYTHM/DANCE/FITNESS

These games typically focus on music, dance, or fitness in a simulated performance to get you moving. Some of these games can be done solo or cooperative, but they focus on movements, sequence, and skill.

- Healthy Workout
- Hand+Eye Coordination
- Synchronization
- Teamwork & Motivation





# TWEEN & TEEN SOCIAL

There are several socialization games with ESRB Ratings for Teens without blood and guts. The most popular ones for socialization right now in this genre include:

- Animal Crossing New Horizons (Switch)
- Minecraft (cross platforms)
- Roblox (PC)
- World of Warcraft (PC)
- Fortnite (cross platforms)
- Torchlight II (PC, Switch)





# CASUAL APPS & MOBILE

Casual games include relaxing games that don't require too much effort and allow for slower paced thinking. These games can include computer, console, and mobile devices.

- Puzzles
- Word Find
- Hidden Objects
- Coloring
- Designing





# TABLETOP GAMES



**Tabletop Games are great mental and social edutainment. These games can be played cooperative or one on one and some can be played as a physical board game or virtually via the STEAM Gaming Hub.**

- **Cards & Puzzles**
- **Strategy & Economics**
- **Storytelling and RPG**
- **Party & Adventure**



# TABLETOP GAMES

## Learning & Puzzles

- Monopoly
- Life
- Trivia Pursuit
- Mousetrap

## Role-Playing & Economics

- Dungeons & Dragons
- Lords of Waterdeep \*
- Munchkins
- Catan

## Strategy & World

- Pandemic \*
- Risk
- Ticket to Ride \*
- Level 7



\* Can also be played virtually via STEAM

Visit our GEEKHEADS EZINE at  
[www.wediscovergeeks.NET](http://www.wediscovergeeks.NET)  
for board game reviews and videos



# GIVE

**When you're not in the best state of mind, it's OK to re-adjust your surroundings. Give yourself some space, get comfortable in your favorite chair and just game.**





# ASSESS

**Take a step back and look at your situation and your feelings. If you're under a lot of stress, anxiety, or in panic mode, be careful on which games you select to play.**





# MANAGE

When you're playing a game, be sure to set a time limit for yourself to get up, walk around, stretch or do something else. Also be sure to watch what you're eating while gaming.

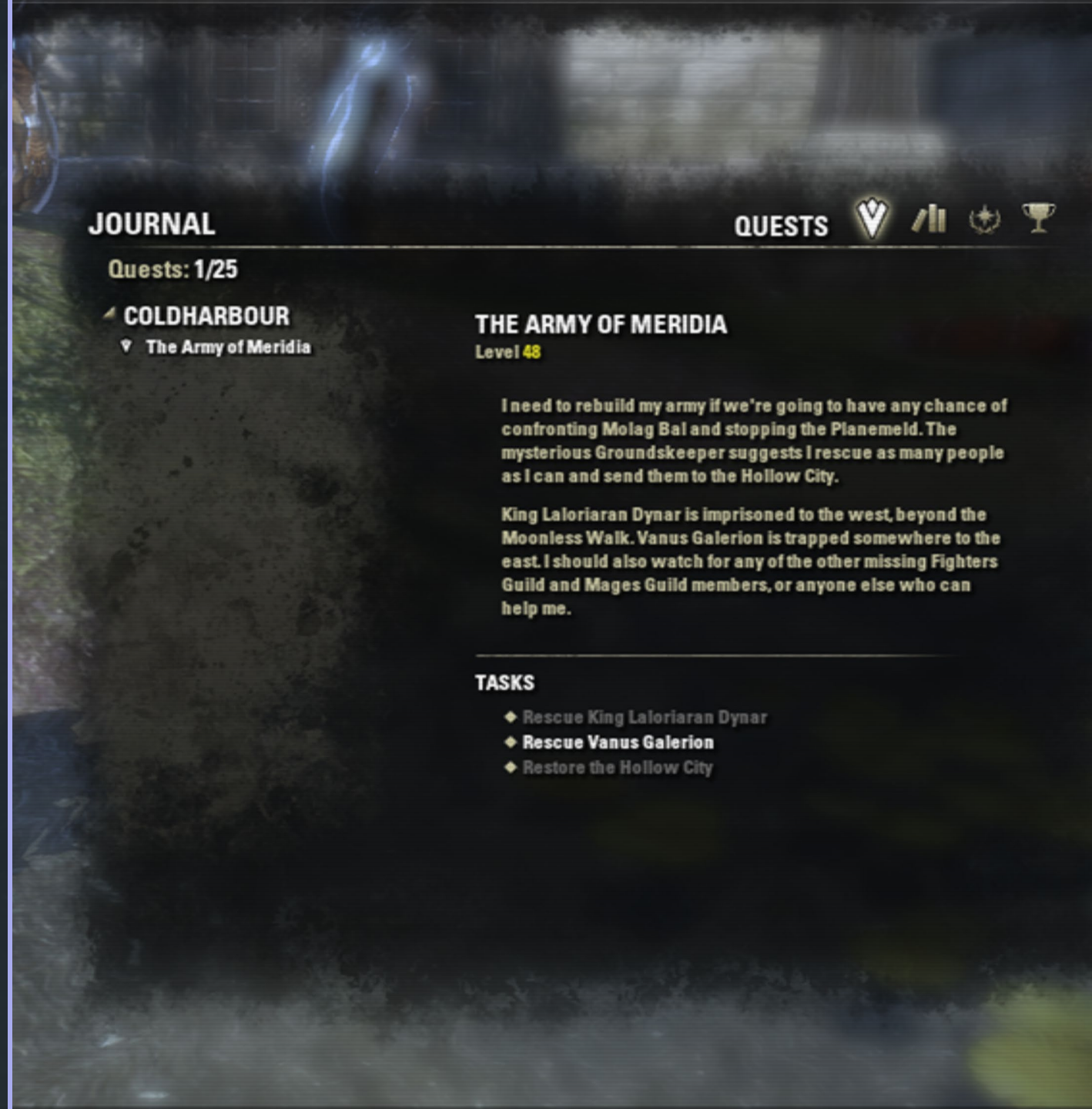




# EXPLORE

Take time to explore and read the game storyline or quests.

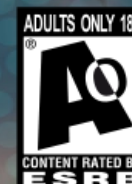
When you take time to read, explore, and discover the game, you enjoy it more, your brain is actively learning and therefore not focusing on your negative thoughts.





# RATINGS

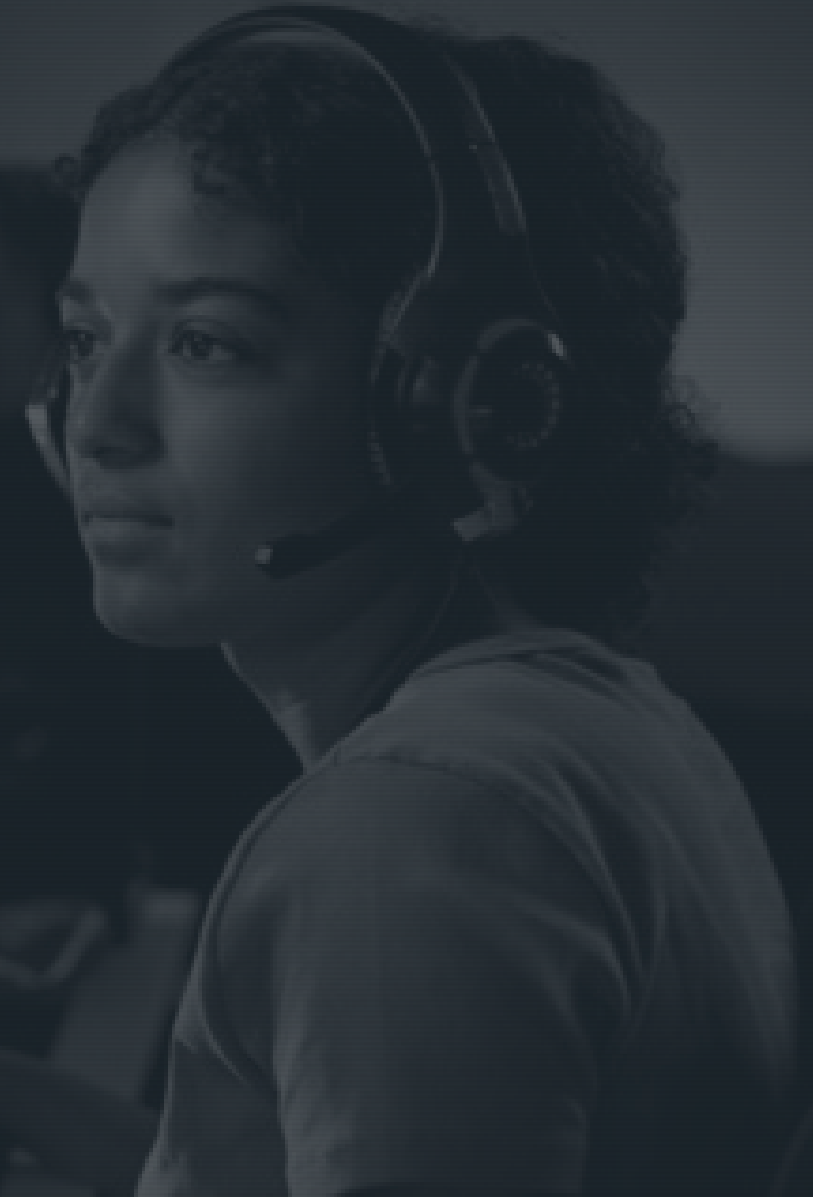
An ESRB rating determines the age range a video game has been evaluated by the Entertainment Software Ratings Board. Use these ratings to also determine what is appropriate for yourself or your mood.





# SOCIALIZE

- **Get to know the people you're gaming with and treat them with the same respect you would if you met them in real life**
- **Join a guild or clan to gain new friends or add new friends to your friends list.**
- **Steer clear of negative thinkers and bullies both in-game and on the game forums. They do nothing for the game or for your own well being.**





**G**

**GIVE**

Yourself some space and go play

**A**

**ASSESS**

The situation and your feelings before playing

**M**

**MANAGE**

And Moderate your time, food, and drinks

**E**

**EXPLORE**

And discover the game storyline, artwork, and music.

**R**

**RATE**

Know ESRB ratings and pair with your assessment

**S**

**SOCIALIZE**

With other people through in-game chat or activities





LET'S CONNECT & GAME



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## IN-GAME

**SWITCH:** SW-7629-8038-8003

**EA:** katbrat7

**BETHESDA:** katbrat

**BLIZZARD:** katbrat#11869

**STEAM:** katbrat27

## SOCIAL MEDIA



Please leave a  
review of my  
presentation via  
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