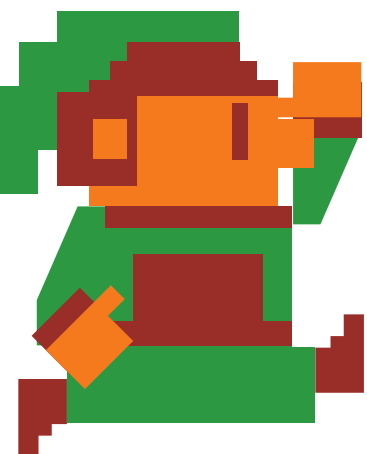


# LEVEL UP YOUR LIFE

## A GAMER'S GUIDE TO KEEPING IT FUN AND BALANCED



# MINDSET



Co-funded by  
the European Union

MINDSET is an Erasmus + KA2 project that aims to create tools to prepare youth organizations and youth workers to identify the early signs and prevent the development of gaming disorder among youth.



# CONSORTIUM



**CITIZENS  
IN POWER**



*Mobiliza-te*

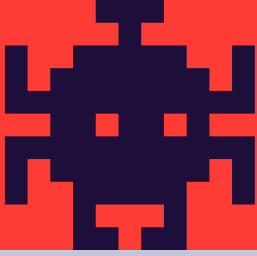


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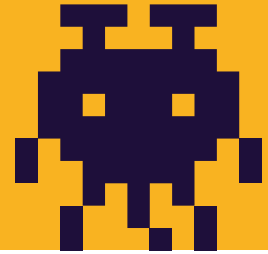
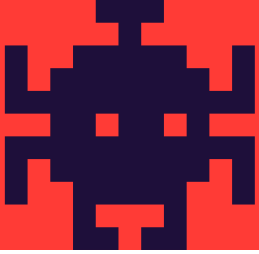


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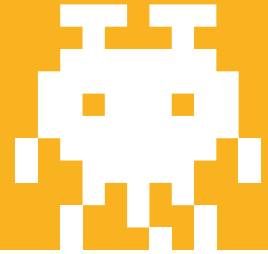
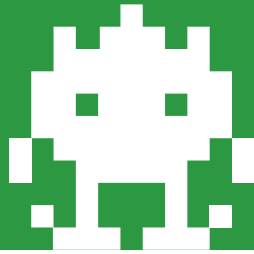
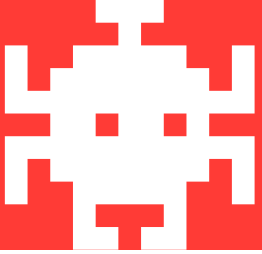


**MINDSET**

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# INTRO

**HEY THERE, FELLOW GAMERS!**



**LET'S DIVE INTO THIS GUIDE ABOUT GAMING AND HOW TO KEEP IT FUN AND HEALTHY. WE'LL SKIP THE BORING STUFF AND GET RIGHT TO THE GOOD PARTS!**

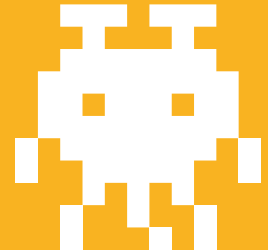


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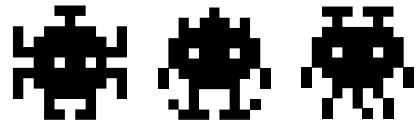
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# LEVEL 1: WHAT'S THIS ALL ABOUT?

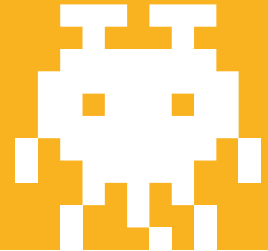
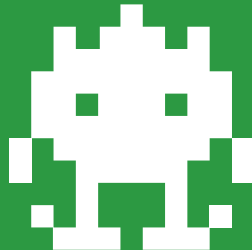


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SO, THERE'S THIS PROJECT  
CALLED MINDSET THAT'S  
ALL ABOUT HELPING YOUNG  
PEOPLE LIKE US  
UNDERSTAND GAMING  
BETTER.

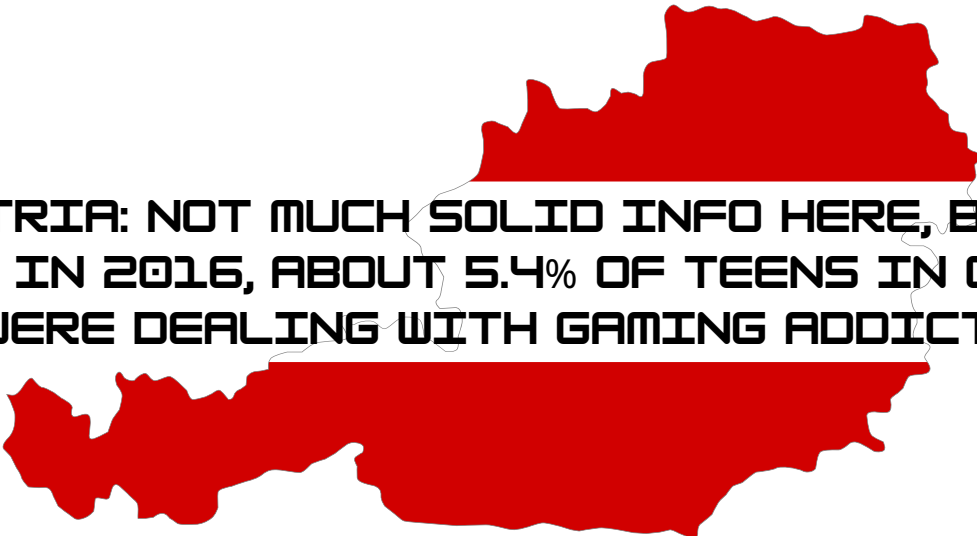
THEY WANT TO MAKE SURE  
WE'RE HAVING A BLAST WITH  
OUR GAMES WITHOUT  
LETTING THEM TAKE OVER  
OUR LIVES. COOL, RIGHT?





## **GAMING AROUND THE WORLD**

**LET'S TAKE A QUICK TOUR OF WHAT GAMING LOOKS LIKE IN DIFFERENT COUNTRIES:**

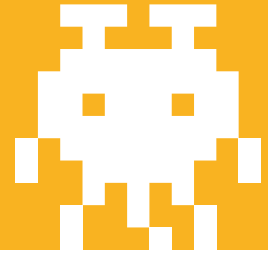
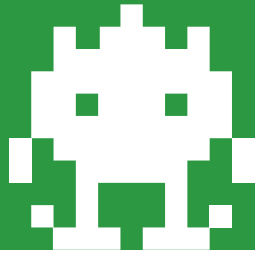
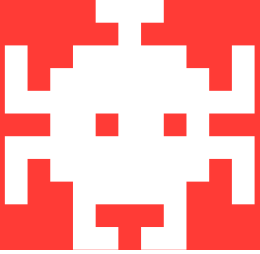


**AUSTRIA: NOT MUCH SOLID INFO HERE, BUT BACK IN 2016, ABOUT 5.4% OF TEENS IN ONE AREA WERE DEALING WITH GAMING ADDICTION.**



**CYPRUS: THEY'RE MAKING SOME SERIOUS CASH FROM VIDEO GAMES - ABOUT 15 MILLION EUROS! MOBILE GAMES ARE THE BIG THING THERE.**





**FRANCE: THESE FOLKS LOVE THEIR GAMES! OVER A QUARTER OF FRENCH PEOPLE GAME EVERY DAY, AND THERE ARE LIKE 37 MILLION GAMERS IN TOTAL. THEY EVEN CONSIDER VIDEO GAMES AS ART!**

**GERMANY: ALMOST EVERYONE'S GOT A SMARTPHONE, AND 6 OUT OF 10 GERMANS PLAY GAMES. THAT'S ABOUT 600,000 KIDS AND TEENS WHO MIGHT BE HAVING TROUBLE CONTROLLING THEIR GAMING HABITS.**



**GREECE: LOTS OF PEOPLE ARE CALLING HELPLINES ABOUT GAMING ADDICTION. IT'S MOSTLY YOUNG GUYS, AROUND 18-19 YEARS OLD, WHO ARE SEEKING HELP.**



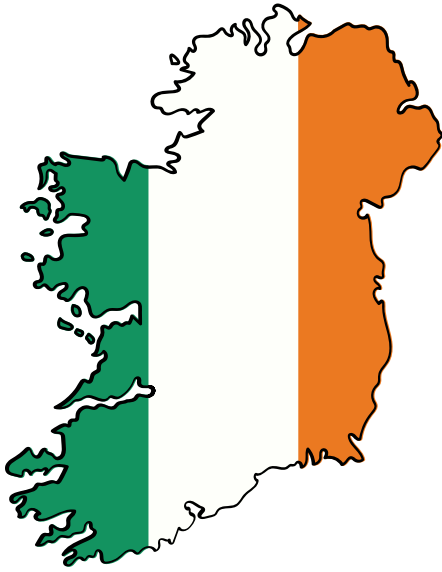
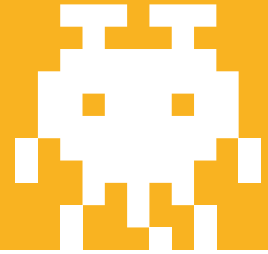
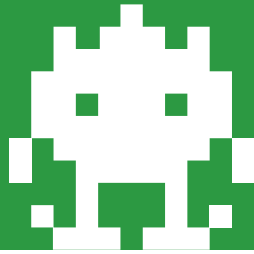
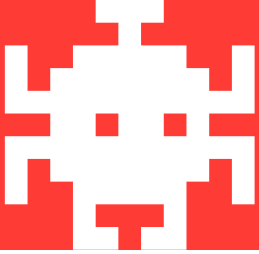
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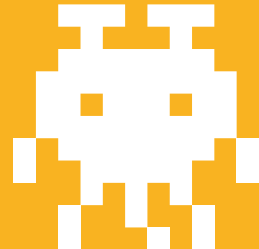
**IRELAND: A RECENT STUDY FOUND THAT ABOUT 2.4% OF REGULAR GAMERS HAD A GAMING DISORDER, AND UP TO 5.4% WERE SHOWING SOME SIGNS OF IT.**

**POLAND: PRETTY MUCH ALL YOUNG PEOPLE USE COMPUTERS OR LAPTOPS, AND THE PANDEMIC MADE GAMING EVEN MORE POPULAR.**



**PORTUGAL: NOT A TON OF INFO HERE, BUT THEY FOUND THAT ABOUT 58% OF 18-YEAR-OLDS PLAY ONLINE GAMES.**





## LEVEL 2: WHAT'S THE DEAL WITH GAMING DISORDER?



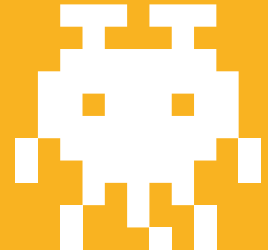
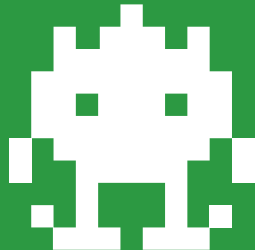
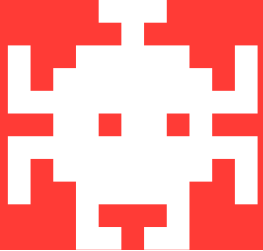
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OKAY, SO GAMING DISORDER IS WHEN SOMEONE LOSES CONTROL OVER THEIR GAMING HABITS.



IT'S LIKE THE GAMES BECOME MORE IMPORTANT THAN ANYTHING ELSE IN LIFE, EVEN WHEN BAD STUFF STARTS HAPPENING BECAUSE OF IT.





## **SIGNS TO WATCH OUT FOR:**

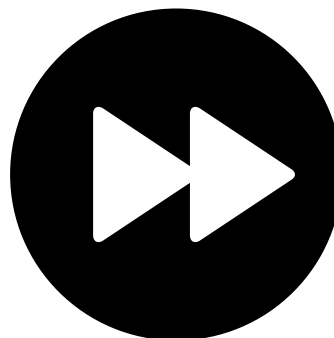
**1. YOU CAN'T STOP THINKING ABOUT GAMES, EVEN WHEN YOU'RE NOT PLAYING.**

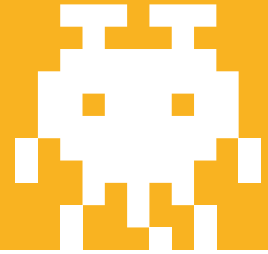
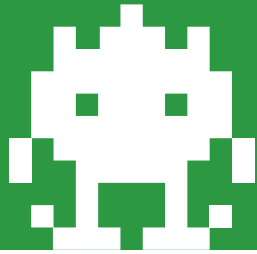
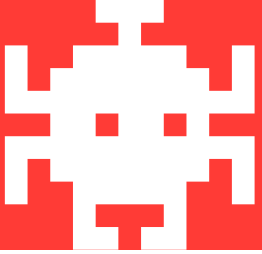


**2. YOU FEEL CRANKY OR UPSET WHEN YOU CAN'T PLAY.**



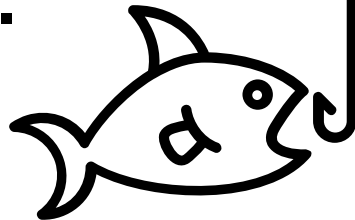
**3. YOU NEED TO PLAY MORE AND MORE TO FEEL SATISFIED.**



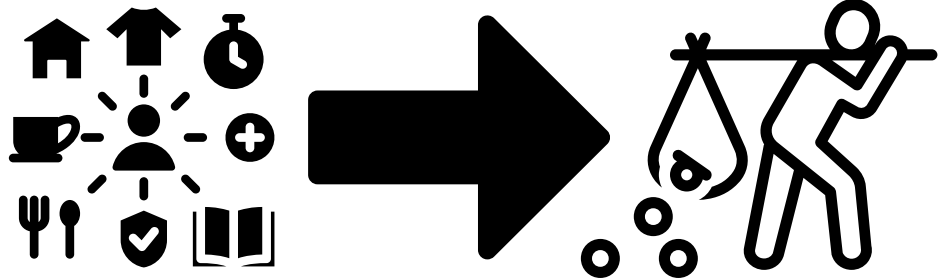


## SIGNS TO WATCH OUT FOR:

4. YOU'VE TRIED TO CUT BACK ON GAMING BUT COULDN'T.

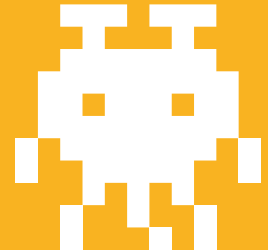
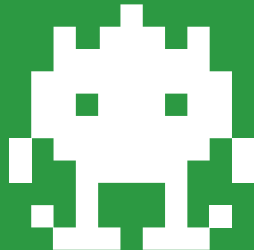


5. YOU'VE GIVEN UP OTHER ACTIVITIES YOU USED TO ENJOY.



6. YOU KEEP GAMING EVEN THOUGH IT'S CAUSING PROBLEMS.





## **SIGNS TO WATCH OUT FOR:**

**7. YOU LIE ABOUT HOW MUCH YOU'RE GAMING.**

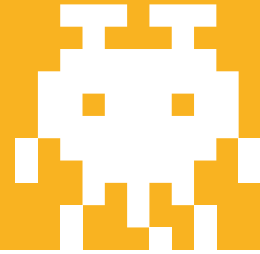
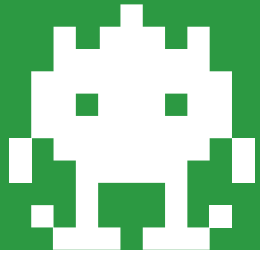
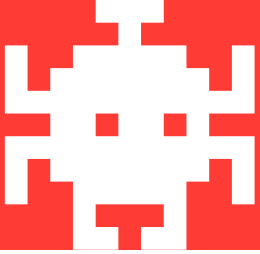


**8. YOU USE GAMING TO ESCAPE FROM FEELING BAD.**



**9. YOUR GAMING HAS MESSED UP RELATIONSHIPS OR OPPORTUNITIES IN YOUR LIFE.**

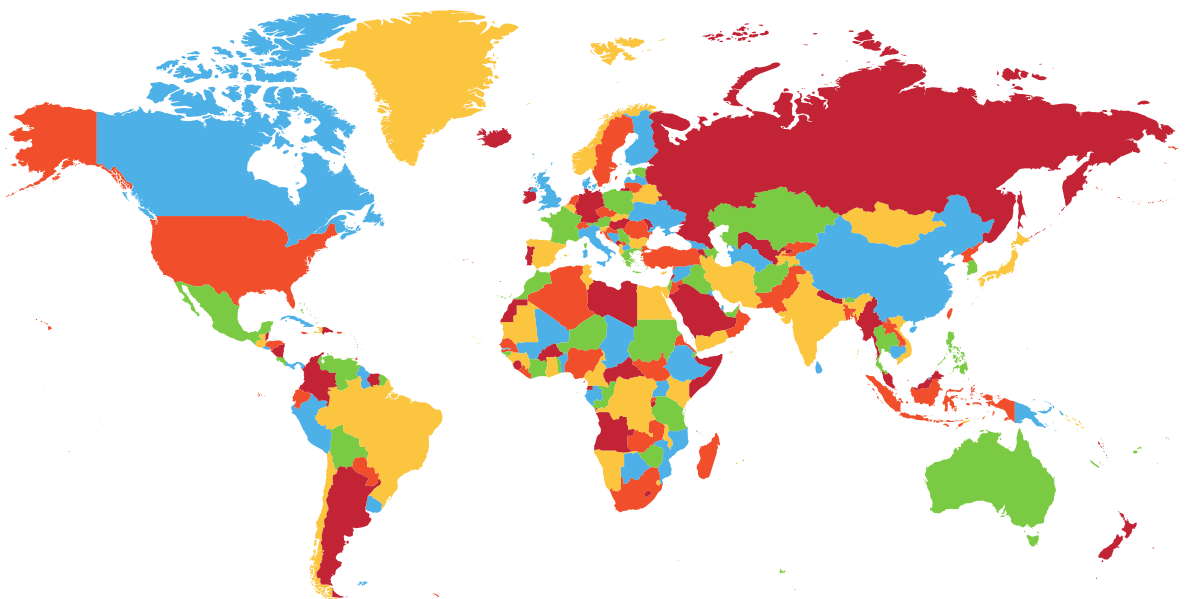


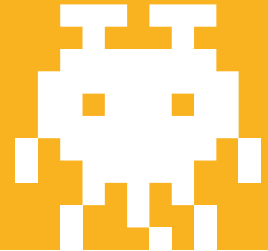
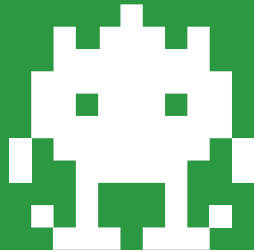
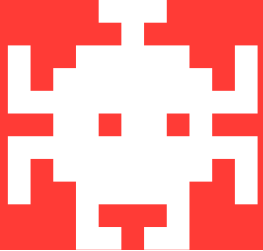


## HOW COMMON IS THIS?

ABOUT 3-4% OF GAMERS MIGHT BE ADDICTED TO VIDEO GAMES.

THAT'S LIKE 60 MILLION PEOPLE WORLDWIDE! FOR YOUNG PEOPLE BETWEEN 8-18, IT'S EVEN HIGHER AT ABOUT 8.5%.





## WHY DOES THIS HAPPEN?

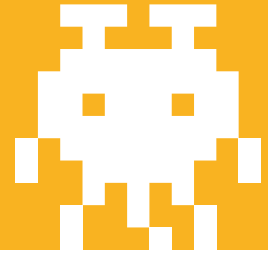
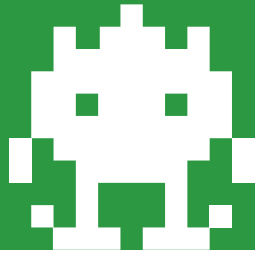
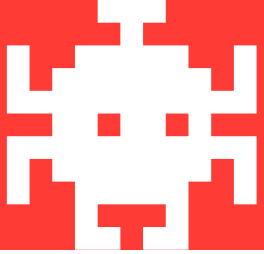
THERE ARE A FEW REASONS WHY SOME PEOPLE MIGHT DEVELOP GAMING PROBLEMS:

1. YOUR BRAIN GETS USED TO THE GOOD FEELINGS FROM GAMING AND WANTS MORE.



2. GAMING CAN BE A WAY TO ESCAPE FROM STRESS OR PROBLEMS.





## WHY DOES THIS HAPPEN?

**3. ONLINE GAMES CAN FEEL LIKE A SAFE WAY TO MAKE FRIENDS, ESPECIALLY IF YOU'RE SHY.**

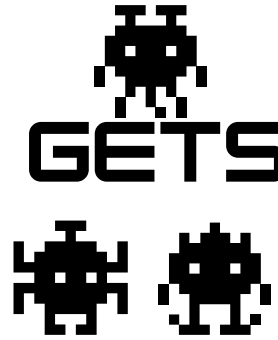


**4. GAMES ARE DESIGNED TO BE SUPER REWARDING AND KEEP YOU COMING BACK FOR MORE.**



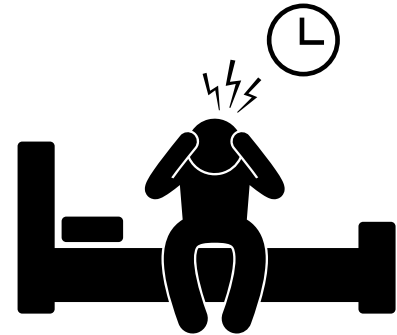


# LEVEL 3: WHAT CAN HAPPEN IF GAMING GETS OUT OF CONTROL?



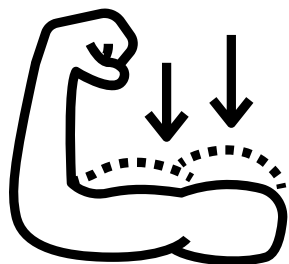
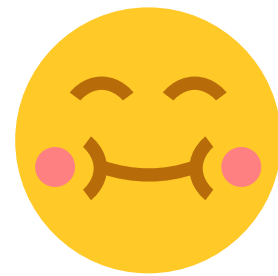
## PHYSICAL STUFF:

NOT GETTING ENOUGH SLEEP



NOT DRINKING ENOUGH WATER

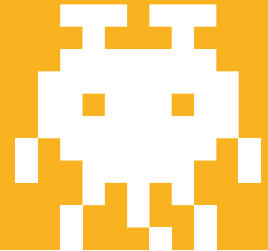
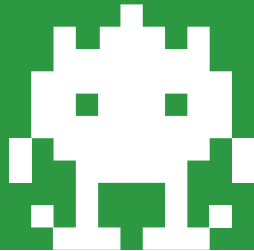
NOT EXERCISING & WEIGHT GAIN



LOSING MUSCLE

HEART PROBLEMS





## MENTAL STUFF:

**FEELING  
DEPRESSED OR  
ANXIOUS**



**HEADACHES**

**TROUBLE  
FOCUSING ON  
SCHOOL OR WORK**



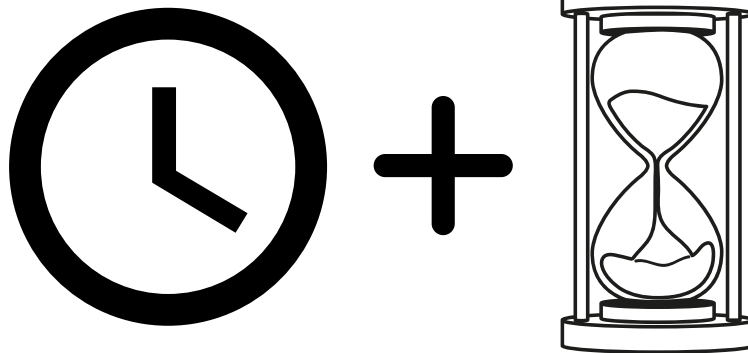
**TROUBLE  
CONCENTRATING**



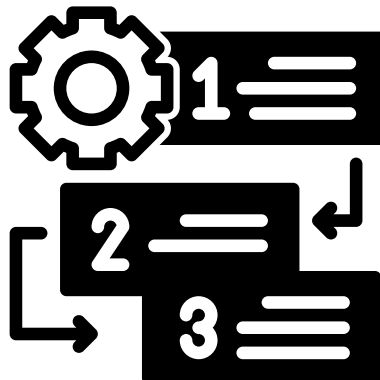
# LEVEL 4: HOW TO KEEP GAMING FUN AND BALANCED



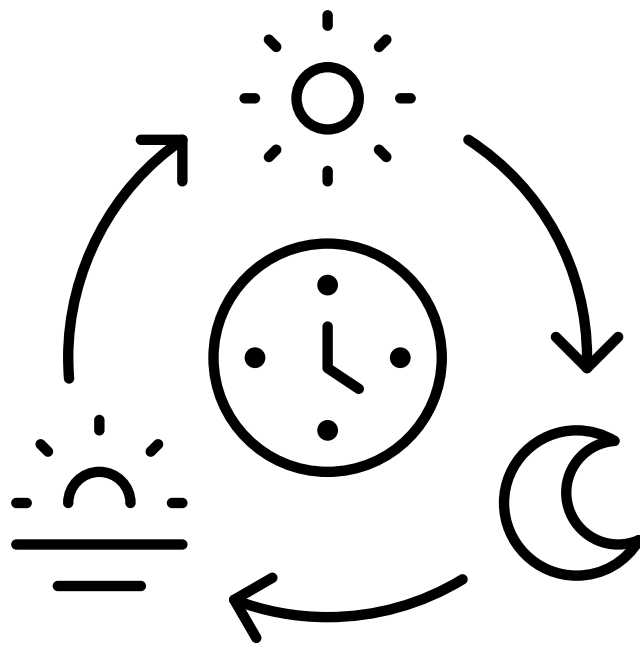
**1. SET A SCHEDULE: DECIDE WHEN YOU'LL GAME AND FOR HOW LONG.**



**2. PRIORITIZE: MAKE SURE IMPORTANT STUFF LIKE SCHOOL, WORK, AND FAMILY COME FIRST.**



**3. CREATE A ROUTINE:  
INCLUDE TIME FOR  
EXERCISE, MEALS, AND  
RELAXATION.**

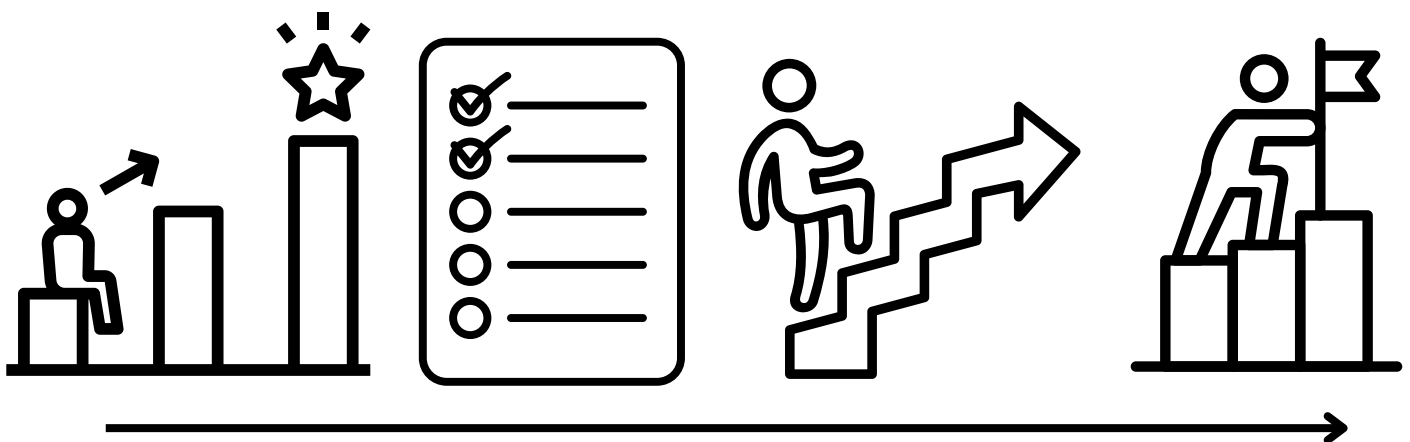


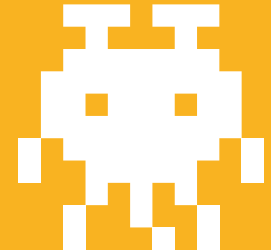
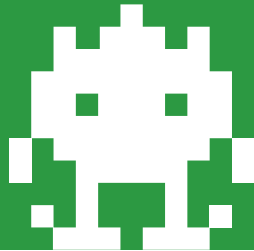


**4. TALK ABOUT IT: CHAT WITH FRIENDS AND FAMILY ABOUT YOUR GAMING.**



**5. SET GOALS: HAVE GAMING GOALS, BUT MAKE SURE THEY DON'T TAKE OVER YOUR LIFE.**





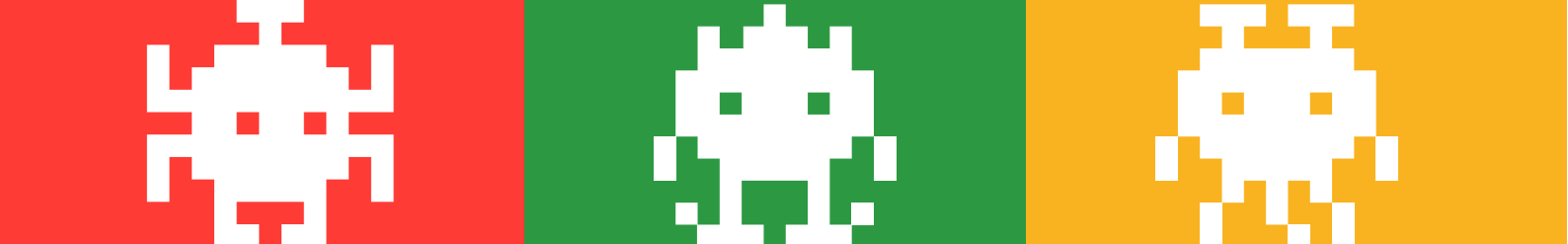
## COOL ALTERNATIVES TO GAMING

**1. GET OUTSIDE: TRY HIKING, BIKING, OR JUST EXPLORING NATURE.**



**2. GET CREATIVE: DRAW, PAINT, MAKE MUSIC, OR TRY A NEW CRAFT.**

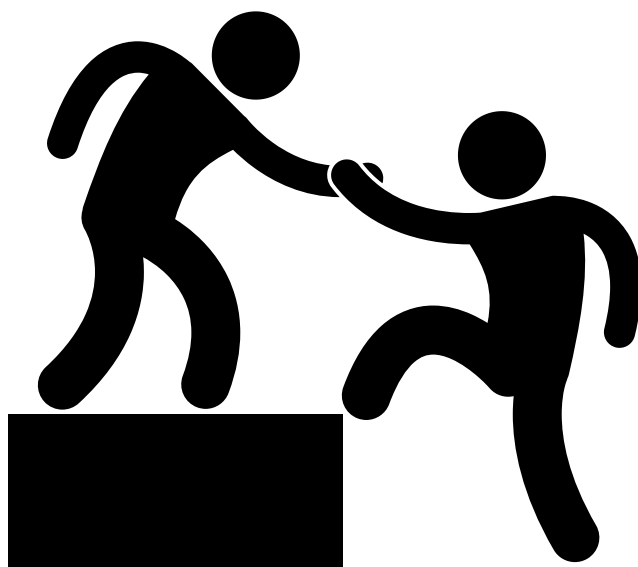




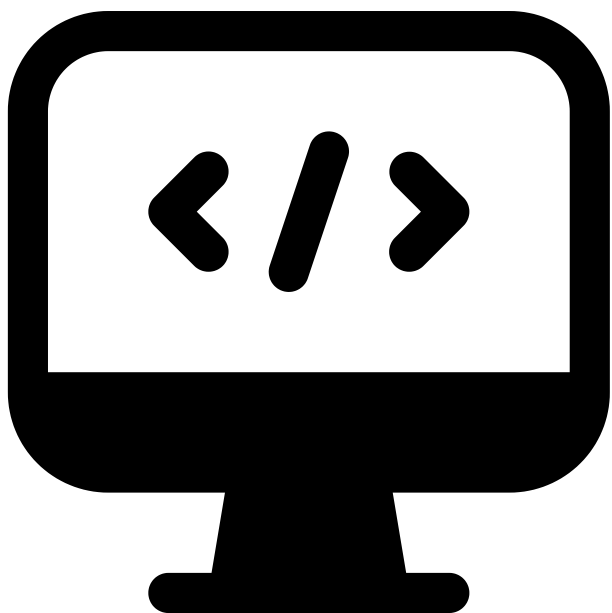
### 3. GET MOVING: JOIN A SPORTS TEAM OR TRY A NEW WORKOUT.



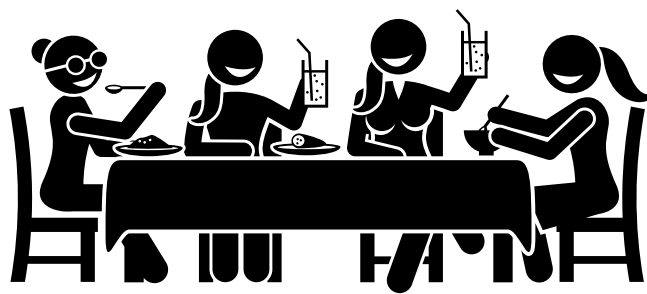
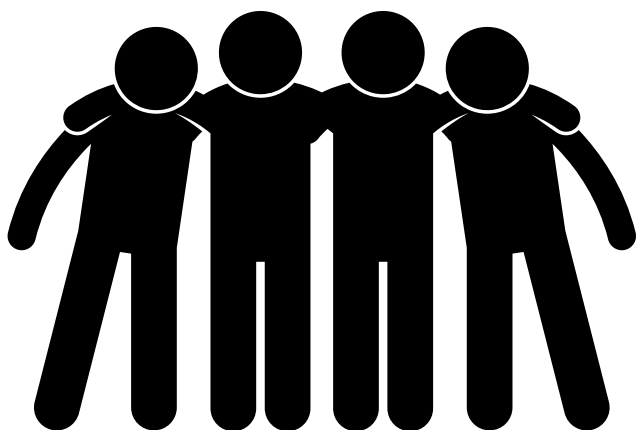
### 4. HELP OTHERS: VOLUNTEER IN YOUR COMMUNITY.



**5. LEARN SOMETHING NEW:  
TAKE A CLASS OR LEARN A  
LANGUAGE.**



**6. HANG OUT IRL: SPEND  
TIME WITH FRIENDS AND  
FAMILY FACE-TO-FACE.**







# LEVEL 5: HOW TO CHECK IF YOU MIGHT HAVE A PROBLEM



---

HERE'S A QUICK QUIZ YOU  
CAN TAKE. REMEMBER, THIS  
ISN'T A DIAGNOSIS, JUST A  
WAY TO THINK ABOUT YOUR  
GAMING HABITS:

1. DO YOU SPEND A LOT OF  
TIME THINKING ABOUT  
GAMES WHEN YOU'RE NOT  
PLAYING?



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MINDSET is an Erasmus + KA2 project that aims to create tools to prepare youth organizations and youth workers to identify the early signs and prevent the development of gaming disorder among youth.



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**2. DO YOU FEEL BAD WHEN YOU CAN'T PLAY?**



**3. DO YOU NEED TO PLAY MORE AND MORE TO FEEL GOOD?**



**4. HAVE YOU TRIED TO PLAY LESS BUT COULDN'T?**



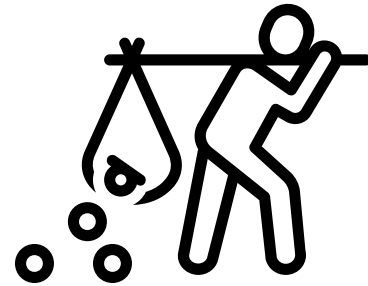
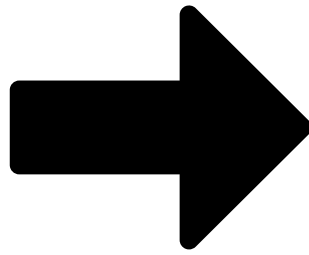
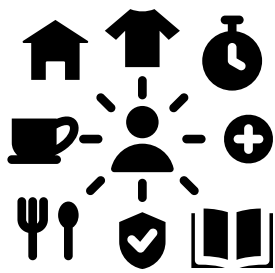
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**5. HAVE YOU LOST INTEREST  
IN OTHER HOBBIES  
BECAUSE OF GAMING?**

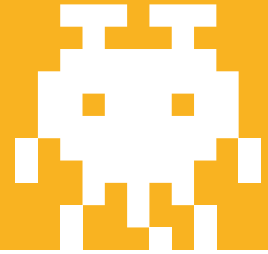
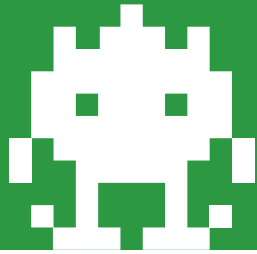
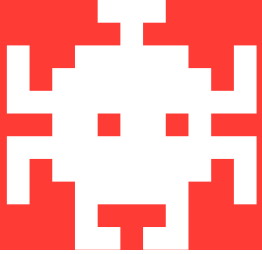


**6. DO YOU KEEP GAMING  
EVEN THOUGH IT'S CAUSING  
PROBLEMS?**



**7. DO YOU LIE ABOUT HOW  
MUCH YOU GAME?**

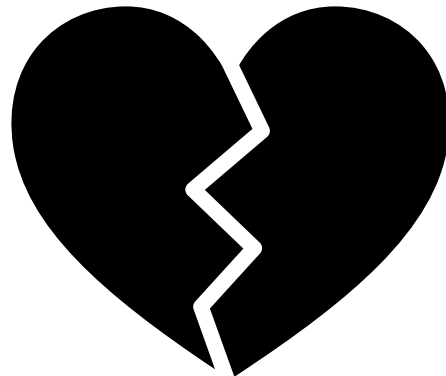
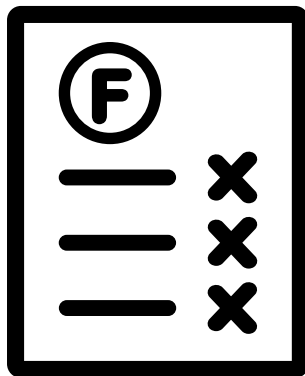




**8. DO YOU GAME TO FEEL BETTER WHEN YOU'RE UPSET?**



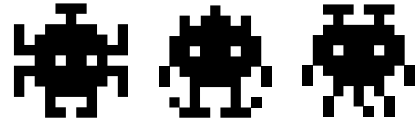
**9. HAS GAMING CAUSED PROBLEMS IN YOUR RELATIONSHIPS OR AT SCHOOL/WORK?**



**IF YOU ANSWERED YES TO A LOT OF THESE, IT MIGHT BE WORTH TALKING TO SOMEONE ABOUT YOUR GAMING HABITS.**



# LEVEL 6: WHERE TO GET HELP



IF YOU'RE WORRIED ABOUT YOUR GAMING HABITS, THERE ARE PEOPLE WHO CAN HELP! HERE ARE SOME OPTIONS:

1. TALK TO A COUNSELOR OR THERAPIST WHO KNOWS ABOUT GAMING DISORDERS.

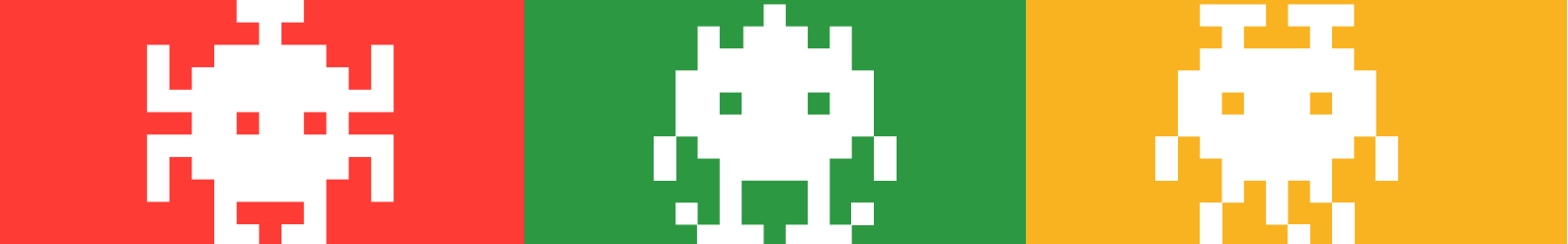


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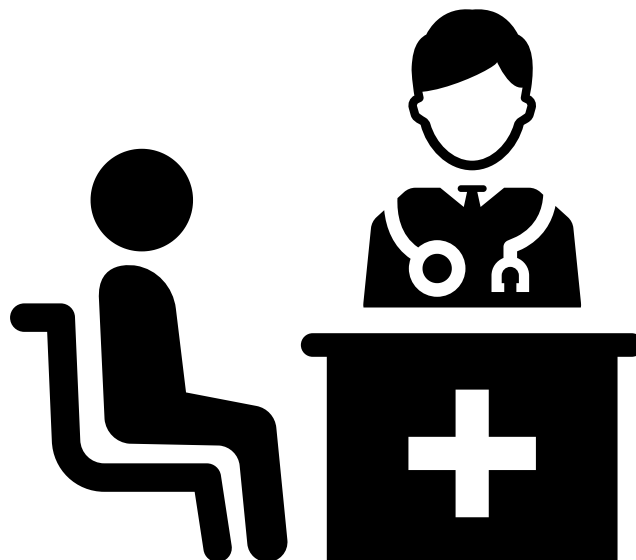
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**2. CHECK OUT ONLINE COMMUNITIES LIKE GAME QUITTERS OR GAMING ADDICTS ANONYMOUS.**



**3. TALK TO YOUR DOCTOR OR A MENTAL HEALTH PROFESSIONAL.**



**4. LOOK FOR LOCAL SUPPORT GROUPS IN YOUR AREA.**



**5. CHAT WITH A TRUSTED FRIEND OR FAMILY MEMBER.**



**REMEMBER, ASKING FOR HELP IS A SIGN OF STRENGTH, NOT WEAKNESS!**



# WRAPPING IT UP

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**GAMING CAN BE AN AWESOME HOBBY, BUT LIKE ANYTHING, IT'S BEST IN MODERATION.**

- **KEEP AN EYE ON YOUR HABITS,**
- **MAKE TIME FOR OTHER ACTIVITIES, AND**
- **DON'T BE AFRAID TO REACH OUT IF YOU THINK GAMING MIGHT BE TAKING OVER YOUR LIFE.**

**STAY HEALTHY, HAVE FUN,  
AND GAME ON! **







# DO YOU WANT TO KNOW MORE?

IF YOU ARE INTERESTED IN LEARNING MORE ABOUT THIS SERIOUS ISSUE, YOU CAN REFER TO THE COMPLETE HANDBOOK FOR YOUTH PRODUCED BY THE MINDSET CONSORTIUM AND THAT YOU CAN RETRIEVE ON THE PROJECT WEBSITE ([HTTPS://MINDSETERASMUSPROJECT.EU/](https://mindseterasmusproject.eu/))

AT

[HTTPS://ADMIN.MINDSET.SUCCUBUS.DEV/UPLOADS/MINDSET\\_WP\\_2\\_HANDBOOK\\_EN\\_2F23E91084.PDF](https://admin.mindset.succubus.dev/uploads/mindset_wp_2_handbook_en_2f23e91084.pdf)

OR DIRECTLY BY SCANNING THE QR CODE



GAME  
OVER



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