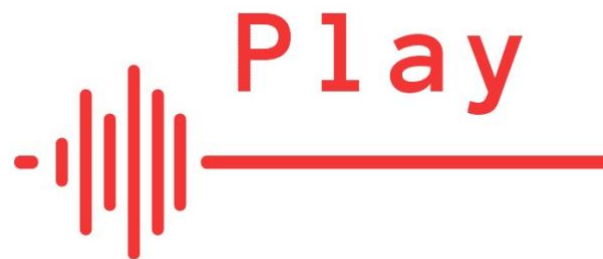


		<p>Funded by Erasmus+ Programme of the European Union / Key Activity 2 - Cooperation for innovation and the exchange of good practices -Strategic Partnerships for Higher Education</p>
---	---	---

PLAY: “Play, Learn, fight back AnxietY



Scenario 3 educational material

“Just because you are paranoid does not mean they are not out to get you”

5-rule guide (adapted from J. Diamond’s ‘Upheaval’ Table 1):

1. Accept that you have a problem, that it is your personal responsibility to deal with it and delineate (fence) it
2. Ask for and accept help
3. Make an honest self-assessment of your strengths and weaknesses; Boost yourself with truths about you while Understanding and accepting your objective restrictions (job, family, background)
4. Think in your past: how did you resolve similar issues in the past? Think of others: how do people you admire deal with such issues?
5. Be flexible, patient; Break down the problem and find practical solutions]