

THE

STRESSED

BOARD GAME

ERIC™

RULES OF THE GAME

A game for 2-4 players.

Each person plays the game as Eric.

The aim of the game is to become Stress Free.

Starting the game: Each player is given two 'Eric's' of the same colour. Each player puts one Eric on the **START** square, the other on the **STRESSOMETER** in the centre of the board at **300** stress points (you can alter this in order to lengthen or shorten the playing time).

The game begins by throwing the dice to decide which player starts. The player throwing the lowest score goes first. (All players ignore the instructions on the 'START' square when starting). Players move clockwise around the board by the throw of the dice losing and picking up **STRESS POINTS**, as indicated on each space along the way.

Your score is recorded on the **STRESSOMETER**, where you should move your second Eric piece up and down, according to whether you lose or gain stress points.

The four corners of the board have 'ODD' and 'EVEN' spaces. When a player lands on one of these squares they should throw the dice again. Depending on whether they throw an 'odd or even' number dictates which instructions to follow. There are also some spaces with 'SPECIAL ASSIGNMENTS' to be completed.

When you land on a Special Assignment square spin the spinner and follow the instructions indicated.

The winner is the first person to have '0' Stress points as then they will have relieved themselves of all **STRESS!!! GOOD LUCK.**

