

Introduction:

- Tabletop RPGs (D&D, Warhammer)
- Role-playing, Game Master
- Social and cognitive benefits

Main Part:

- **Social Benefits:**
 - Communication, teamwork
 - Collaboration, negotiation, conflict resolution
 - Relationships, empathy
- **Personal Experience:**
 - Introvert to confident
 - Improved public speaking
- **Safe Space:**
 - Social anxiety
 - Confidence, social skills
 - Sense of belonging
- **Cognitive Benefits:**
 - Critical thinking, problem-solving
 - Strategic planning, decision-making
 - Mental agility, cognitive flexibility
- **Creativity and Imagination:**
 - Overcoming challenges
 - Real-life problem-solving
 - Memory, attention span

Conclusion:

- **Benefits:**
 - Personal development
 - Mental health, social well-being
 - Personal testament: growth, relationships