

Resilience and Stress



How may online platforms such as social media sites tackle online well-being and help everyone develop their digital resilience?



How far do you agree that developing resilience is necessary to having a healthy approach to life?



Explain how going online can make us think, feel and behave in both positive and negative ways



Instructions: copy & underline the date and title.
Then read through the progress questions for today's lesson

What do you think is the most common cause of stress in the modern world, and how could it be overcome?



Instructions: Answer the questions as you watch

1. **What chemicals are released when we are stressed?**
2. How do they affect us?
3. **How can stress sometimes be beneficial?**
4. What is the difference between acute and chronic stress?

What do you think is the best way to deal with stress?

Create either a spider diagram or a bullet point list of suggestions.

Use the next video to help you...



I think some of the best ways to deal with harmful stress are....

What does 'cognitive reframing' mean?

Why is it useful?

:) :

REFRAMING

YOU DECIDE



‘Reframing’ means.....
It is useful because.....



Use this definition to **green pen** your work!

Cognitive reframing is a technique used to shift your mindset so you're able to look at a situation, person, or relationship from a slightly different perspective.



REFRAMING

YOU DECIDE



How does going online make people feel?



1) Receiving positive comments on a picture from friends

2) Receiving negative comments under a picture

3) Watching a funny video



4) Reading funny comments

5) Seeing someone else being cyberbullied

6) A friend texting to say 'why haven't you liked my photo yet?'



7) Beating their friend on a game for the first time

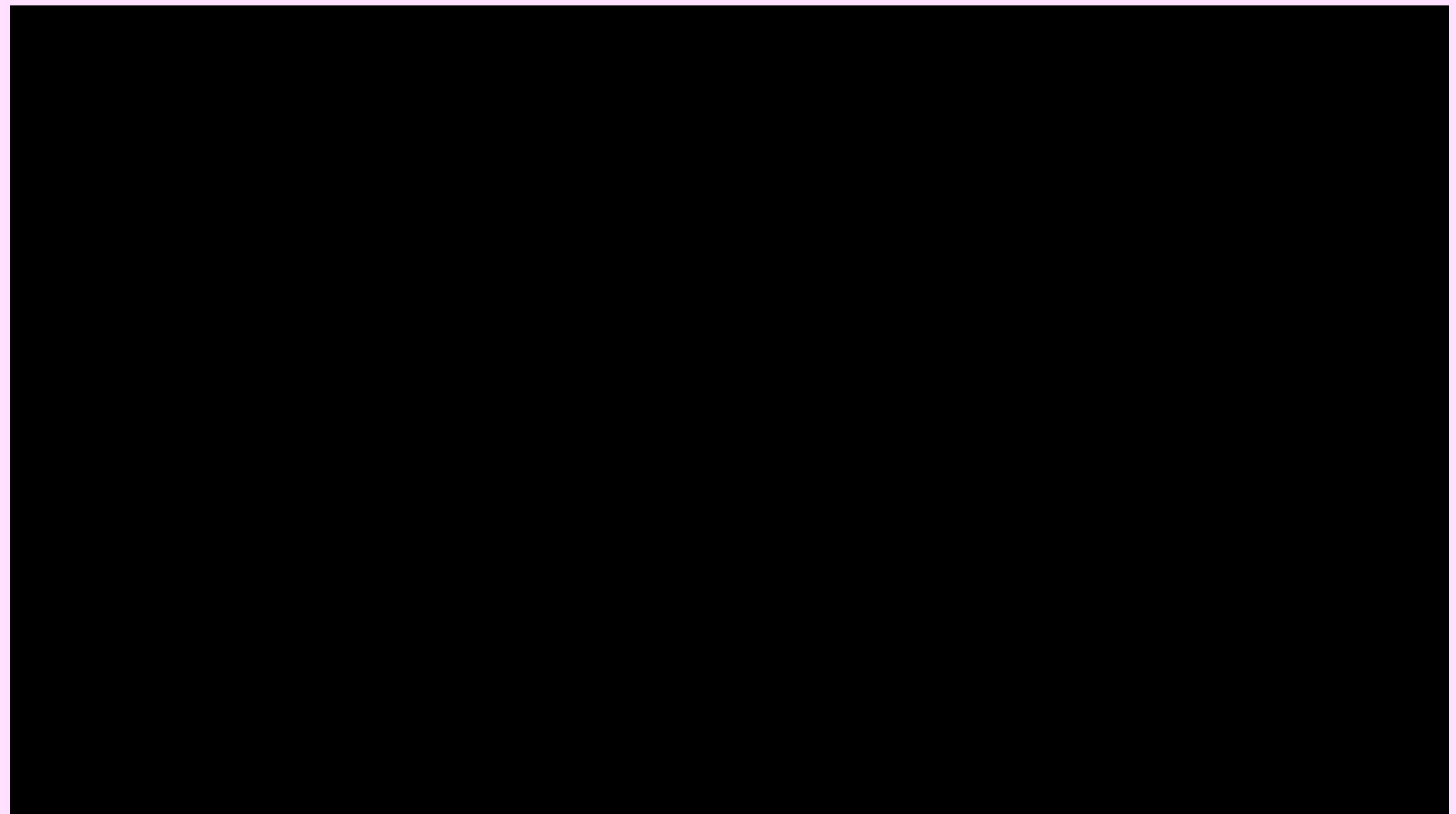
8) Having someone unfriend or block them



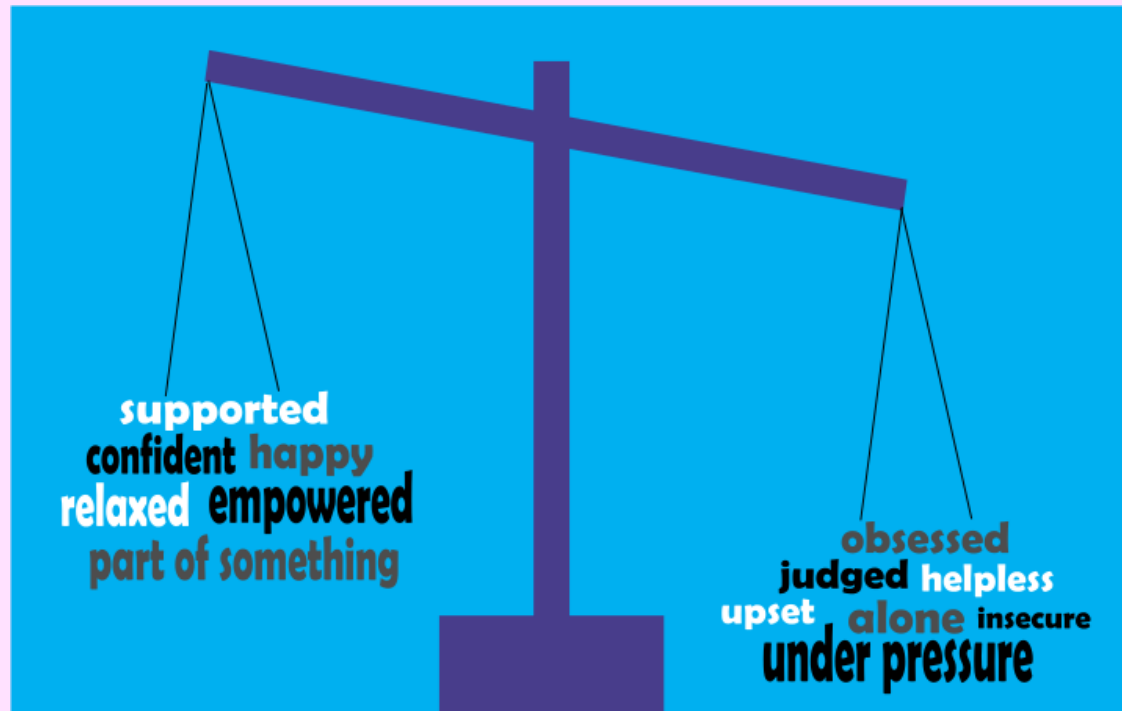
Instructions: after watching the film, copy and complete the sentence starter:

'The term 'resilience' means'....

Resilience is important because...'



When might someone need digital resilience?



Top 10 tips for resilience:

Instructions: Write the word 'Resilience' in the margin (one line per letter) write your own version of this:

- **R**emain positive – Look towards the future of what you want from life
- **E**stablish realistic and achievable goals – this gives you focus!
- **S**trategies – plan your coping strategies. Ask for help when needed.
- **I**dentify – your strengths and be confident in yourself.
- **L**earn from experience – learn from them and move on from them.
- **I**ntroduce – a more balanced way of thinking.
- **E**njoy – make time to do the things you enjoy.
- **N**eeds – Take care of yourself. Keep healthy and fit.
- **C**onnect – build healthy relationships with your family/friends/teachers.
- **E**mbrace change – don't dwell on the past. Put your energy into the present to shape your future.

What pressures do young people face online?

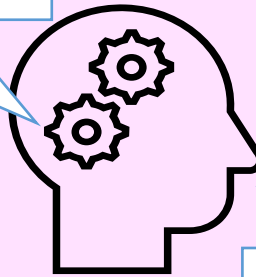
Pressure = I want to look like the people I see online

Advice = Follow people who make you feel good about yourself and the way you look

Pressure = My posts don't get as many likes as my friends.

Advice = ?

Copy the first two examples, completing the advice; then create two examples for yourself



Progress Review Questions:



How may online platforms such as social media sites tackle online well-being and help everyone develop their digital resilience?



How far do you agree that if we all build our digital resilience and getting balance in our lives is a healthy approach to life? Justify your response



Explain how going online can make us think, feel and behave in both positive and negative ways

Instructions: Decide on your own level of challenge and using full sentences, remembering to P.E.E. answer one or two of today's progress questions



Digital resilience role model



Step 1: Think of a person who has shown digital resilience e.g. a celeb, someone you know or follow or you could make it up.

Step 2: Note down any characteristics they have shown e.g. asking for help, talking to others, perseverance...

Step 3: Create something to showcase your Digital Resilience Superhero. This could be a drawing, poem, cartoon, speech or a sentence.



Created by Eamonn
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