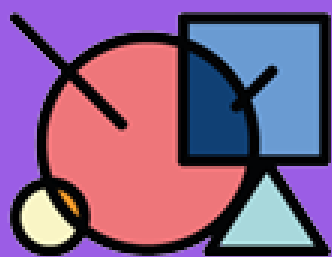




MICRO TASKS



S4B

Note to user: After familiarizing with each video pill, the user will be provided with the opportunity to perform several tasks/activities/games in order to practice and further develop the respective skill.

SKILL

RESILIENCE AND STRESS MANAGEMENT

MICRO TASK NUMBER: 3

01 What are the objectives of the task?



The objectives of this task are:

- ✓ To be aware of the reasons that lead to a certain level of stress.
- ✓ To be able to argue to yourself and those around the stressors that affect your mood.

02 What will teachers learn?



This task is connected to task number 2, and it helps teachers to create a habit more easily by practicing intuitive and easy-to-follow activities. Once the task of identifying the level of stress is integrated into the daily routine, it is advisable to recognise the reasons.

This facilitates the awareness process and can lead to an inner balance of emotions. It is advisable to do this microtask at the same time as task number 2 in the same 2 weeks to become aware of the real reasons.

03 Tasks and procedure



The procedure for this micro-task makes it easy to quickly assimilate the necessary steps as follows.

Step 1: The teachers read and use a list with 5 main reasons that could determine a level of stress in general. Starting from the percentage chosen by them at the end of a certain day during the 2 weeks (as part of task 2), teachers can continue the habit by choosing 2 main reasons from the list of 5 given reasons, and also add their own reasons.

Please write here
the level of stress
and the day you had
it:

What made you feel that way?.....

Reason 1: Feel under lots of school pressure.

Reason 2: Illness or injury.

Reason 3: Organising a complicated event.

Reason 4: Face big changes in your life.

Reason 5: Have school and life responsibilities that you find overwhelming.

Other reason(s):.....