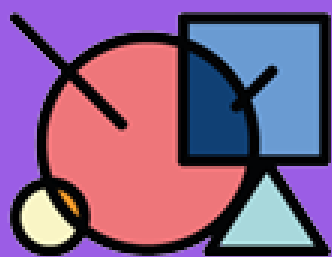




MICRO TASKS



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: 2

01 What are the objectives of the task?



The objectives of this task are:

- ✓ To be aware of the level of stress on a certain day
- ✓ To make a difference in how stress and resilience are influenced if analysed on consecutive days.

02 What will teachers learn?



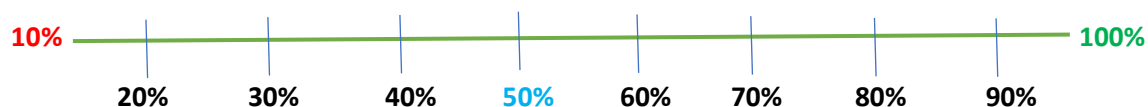
This task will give teachers the chance to be aware of their level of stress on a certain day but also how it is influenced by certain factors if it is measured on consecutive days as a habit. After measuring the level of motivation for 7 consecutive days, the teachers will be able to decide what measures can be taken.

03 Tasks and procedure



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

Step 1: At the end of the day, the teachers mark their level of stress from 10% - 100%, taking into account how they felt and the events that took place in the teaching-learning process.



Step 2: After measuring the level of stress for 7 consecutive days, the teachers can decide on what measures can be taken to reduce stress and enjoy wellbeing.