

The Media and Health Part 2

Mrs. Hunter

Take 1 minute to do mindful breathing

Pay attention to every breath as
much as possible

Remember to do the following:

- Relax
 - Turn on any calming music
 - Breathe from your chest, belly, or nose
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Talking back to the Media



The media influence our beliefs and behaviors about a variety of topics.

Look at the categories in the chart. Write down how the media often demonstrates the behavior and what the implied message is.

Category:

Fitness

Cigarettes

Alcohol

Food

What is the behavior and message the media is trying to send?

- Example:

Fitness

Behavior: Running

Message: fitness is fun and rewarding

Cigarettes

Behavior: smoking

Message: smoking can be cool, nothing about health concerns

Strategies for Resisting Risky Media Messages

Before you Post: **THINK**

T- Is it true?

H- Is it hurtful?

I- Is it illegal?

N- Is it necessary?

K- Is it kind?

1. Choose Media that promotes positive images and messages
 2. Reduce your exposure to media
 3. Be assertive with others about your preference for media
 4. Realize that media depictions of “reality” are in some cases distorted
 5. Be aware of what the media is saying. If you don’t agree, say so.
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Tuning In

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Most popular songs have messages in them about health issues, risky behavior, substance use, nutrition, and even body image.

Listen to either song listed below

1. Scars to Your Beautiful by
Alessica Cara
2. Bright-Kehlani

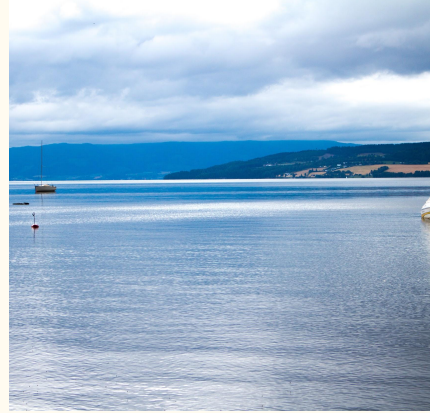
Answer the following questions:

1. What health behavior do you hear in the song?
 2. What messages does the song give about those behaviors?
 3. Which strategies for resisting messages do you think you can use to resist messages that are not acceptable to you?
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Mindfulness

Our thoughts:

Our thoughts are like roots. They are not what people see on the outside, they are not our physical appearance. However, they are the things that touch, connect with, support, and effect the people around us. When you have positive, loving, kind thoughts, you impact the people around you.



Leave a Message



Select a piece of media
that you like (TV show,
song, a movie).

Answer the following questions:

1. What health behaviors does your piece of media portray?
2. Do the message match with what is popular or socially acceptable for you or the culture you identify with?
3. Which strategies do you think you can use to resist messages that are not acceptable to you?

Watch your **thoughts**

For they become **words**

Watch your **words**

For they become **actions**

Watch your **actions**

For they become **habits**

Watch your **habits**

For they become **character**

Watch your **character**

For it becomes your **destiny**



Media



Conclusion

Like any technology, social media has both positive and negative features.

We all have values, it's up to us to determine what's really important and meaningful to us.

Values are who you are in your own environment, not who you think you should be in order to fit in. Values come from listening to your heart and tuning in to what matters the most to YOU. Live your daily life being mindful.

#Youmatter

Psychological Today

Mindful.org