

# The Media and Health Part 1

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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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Music, movies, TV shows, video games, internet, and magazines. The media is everywhere and in our daily lives.

The media can offer powerful educational tools, but it can also send us messages and influence your values.

## Think about:

1. What are the different forms of media?
2. How do the media influence your beliefs about yourself, your culture, and various health behaviors?
3. What can you do to make sure that you use media in ways that protect your health?

# Popular Media



# Top 5 Reasons Why People Use Media

**Entertainment:** to be amused/distracted

**Excitement:** to feel part of the energy/adventure

**Coping:** to manage feelings of anxiety/boredom/anger

**Identification with a group:** to see values/beliefs expressed that reflect the culture we identify with

**Seeking Information:** to research to solve a problem

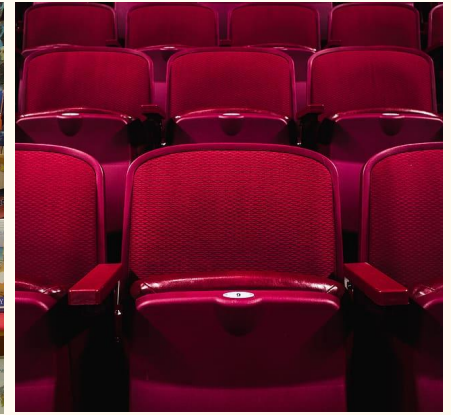
What type of media do you use most frequently and why?

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# Images: Self and Culture

**Media Influence:** affects how we think about ourselves and our culture

How do you think Media Influences our Perceptions on Health, Information and Entertainment, Dating, and Gender Roles?



# Media Log

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Think about all the media  
you use for one day and  
how you use them.

# Media Log

Name and Type of Media

Where and When

How long you used the media

Reason

One message you got from the media

**Example:**

**Radio**

**Home, in the morning**

**½ hour**

**Wake up, coping**

**Relaxing**



Relaxation

# Conclusion

## Mindful Without Technology:

- Read
- Meditate
- Go for a walk
- Journal
- Talk with a close friend
- Workout
- Alone time without any distractions

Our minds are constantly wandering away, thinking, and jumping around. Most of what we are doing each day is training our minds not to stay on one thing. Cell phones, texting, video games all train the mind to move quickly.