

Pressures and Self-Care

15 - 20
minutes

What You'll Need: Slide Presentation

Activity Steps

1. **Identify** the three objectives outlined in the slide presentation.
 - a. Identify different pressures.
 - b. Reflect on how social media can both *amplify* and *reduce* the social pressures we feel.
 - c. Identify ways to practice *self-care* to alleviate the negative social pressures we feel.
2. **Share** the slides related to objective: “identify different pressures.”
 - a. **Define** productivity culture
 - b. **Reflect** on all the different ways that students feel pressure in today’s society.
3. **Share** the slides related to objective: “reflect on how social media can both amplify and reduce the social pressures we feel.”
 - a. **Discuss** what burnout means
 - b. **Define** self-care
 - c. **Introduce** self-care practices
4. **Share** the slides related to “identify ways to practice *self-care* to alleviate the negative social pressures we feel.”
 - a. **Discuss:**
 - i. What self-care practices are currently a part of your routine? Why?
 - ii. What gets in the way of doing (or being consistent) with self-care?
 - iii. Is there anything missing that you'd like to add to your routine?