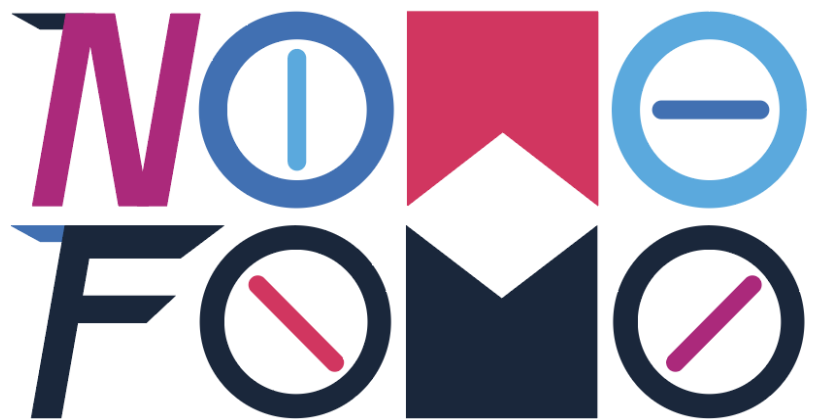





Call to Action  
Social Media and  
Skewed Perceptions



Positive mental health for GEN Z  
NO MOre Fear Of Missing Out



<b>Interactive Infographic Theme</b>	Social Media and Skewed Perceptions	
<b>Activity Title</b>	Nourish to Flourish	
<b>Type of resource</b>	<b>Call to Action Activity</b>	
<b>Photo</b>		
<b>Duration of Activity</b>	<b>1 month</b>	<b>Learning Outcome</b> <ul style="list-style-type: none"> <li>• <b>Knowledge:</b> Knowledge of self-care activities you can implement into your daily routine to manage your stress and maintain your wellbeing</li> <li>• <b>Skills:</b> Ability to discuss different ways to manage your wellbeing, and how to develop better habits to lower your stress levels.</li> <li>• <b>Attitudes:</b> Appreciate the importance of self-care and implementing self-care activities into your</li> </ul>



			<p>routine to nurture your own mental health and wellbeing.</p>
<b>Aim of activity</b>	<p>The aim of this activity is to provide people with a motivational, fun way to practice self-care. Self-care is often something that we forget to implement into our daily routines when our busy schedules take over, and this can put our mental and physical wellbeing at risk. This activity provides people with the tools to reconnect with themselves, and make their physical and mental health a priority.</p>		
<b>Materials Required for Activity</b>	<ul style="list-style-type: none"> <li>• Printer</li> <li>• Tape</li> </ul>		
<b>Step-by-step instructions</b>	<p><b>Step 1:</b> Print out the “Self-Care Bingo” template below, and tape it to your fridge, or somewhere else in your house that you pass by regularly</p> <p><b>Step 2:</b> Decide a start date to begin</p> <p><b>Step 3:</b> Each time you complete an activity, mark it off just like regular bingo</p> <p><b>Step 4:</b> Every time you complete a line (across, up and down, or diagonally), reward yourself.</p> <p><b>Step 5:</b> When the whole list of activities is complete, reflect on the last few weeks and write down any differences you have noticed in your wellbeing while implementing these self-care activities.</p> <p><b>Step 6:</b> Create your own Self-Care Bingo activities to continue your lifelong journey of practicing self-care prioritising your mental and physical wellbeing.</p>		





<b>Template</b>	<b>Self-Care Bingo</b>			
	Go for a walk in the park or woods	Watch the sunrise	Have dinner with a friend	Limit media 30 min
	Watch your favourite movie	Cook a new dish	Dance to your favourite song	Do p
	Have a day in pajamas	Call a loved one for a chat	Meditate for 15 minutes	Crea k
	Try a new hobby	Go for a picnic	Write down 3 things you are grateful for everyday	Unf remov soci ad

# NO MORE FOMO

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