

Subject: Digital diet

AIMS:

- to practise listening comprehension linked to the concept of health, in particular: stress, emotional health
- to learn about some contemporary social phenomena & medical conditions stemming from the overuse of modern technologies and ways that might prevent us from getting trapped
- to develop vocabulary related to 'online stress', mental health

Activity 1 → "JOMO": Finding joy in disconnecting

<https://www.youtube.com/watch?v=SxYntzgHyrU>

1. What example is given in order to explain FOMO?
2. How is JOMO illustrated? (based on the examples given)
3. The tech companies came to realize that.....
4. What did they introduce within the range of their services?
5. Why did they decide to take such a bold step?
 - 1)
 - 2)
6. What about the hotel business? What example is given in that matter? Why did they come up with such an unobvious and compelling idea?
 - 1)
 - 2)
 - 3)
7. When can we say someone has already a problem with overusing their phones/ mobile devices?
8. What tips for a healthy digital diet are suggested?
9. What is FO JOMO?

Activity 2 → Tame Your Digital Diet with Daniel Sieberg

<https://www.youtube.com/watch?v=6yYwWGWpCkQ>

1. What activities- we are all guilty of- are mentioned by the host?
2. Who is Daniel Sieberg?
3. What problem is being discussed by the host & the guest? How big a problem is according to Daniel Sieberg?
4. How can we tell someone is 'only' into modern technologies while someone else is already addicted?
5. Is 'tech addiction' treated as a medical condition by all doctors?
6. What does the 28-day plan- put forward by Steven- come down to?
7. What other pieces of advice are given by Steven?

Activity 3 → The Digital Diet by Daniel Sieberg - official trailer

<https://www.youtube.com/watch?v=dHcq7s3mDdc>

1. Why did Steven write his book? How did his hands-on experience play a decisive role?
2. What matters in life- according to Steven?
3. Should we stay away from and avoid using technologies at all cost?

Activity 4 → Vocabulary practice: How to express worry, anxiety and more!

<https://www.ecenglish.com/learnenglish/lessons/tuesday-talk-time-how-express-worry-anxiety-and-other-personal-feelings>

Activity 5 → Reading comprehension/ critical thinking/ expressing opinion:

1. Read 3 articles:

1) What is Digital Stress?

<https://www.quokkawellness.com/2019/04/22/what-is-digital-stress/>

2) 6 Ways To Deal With Digital Stress

<https://www.realbuzz.com/articles-interests/health/article/6-ways-to-deal-with-digital-stress/>

3) 5 Ways to Manage Digital Stress

<https://www.livingminnaly.com/allposts/2016/5/4/5-ways-to-manage-digital-stress>

2. Answer the following questions:

- a) Is the definition of 'digital stress' provided by each article similar to one another? Do you spot any differences in approaching the topic of 'digital stress'?
- b) Which 3 tips (among the ones given in 3 articles) on how to manage 'digital stress' do you find the most relevant, convincing and possibly working?
- c) Which 3 tips (among the ones given in 3 articles) do you find the least effective, relevant, real-life?

Activity 6 → Use 5 expressions from the link below:

<https://englishwithatwist.com/2017/07/06/stress-10-expressions-and-idioms/>

and 5 words/ expressions from another link below:

<https://englishlive.ef.com/blog/english-in-the-real-world/english-expressions-idioms-talking-stress/>

write a post on 'padlet' (based on the questions used in the description):

<https://padlet.com/jstojek/itlbtliwiw0sa86vf>

You may wish to take a look at our previous 'padlets' posts:

<https://padlet.com/jstojek/e3zm6sq5bqom>

<https://padlet.com/jstojek/klqwjf92e23492bs>