**The BLITT Project**

**WebQuest 2**

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| Image_Wheel of Wellbeing - Network of Wellbeing | **WebQuest Title** | Well-being |
| **Subject Area** | Mental Health |
| **Tutor Name** | Damian Gordon |
| **Academic Year** | This year (!) |

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| 1. **Introduction**
 | People’s mental health and well-being is something that needs to be taken care of, and needs constant attention. However, with the outbreak of COVID-19 and the subsequent series of lockdowns this has become an even greater priority. It is important to be aware that there are simple relaxation and self-soothing techniques that anyone can learn to help them relax and these can be important in sustaining and enhancing mental health. |
| 1. **Task**
 | The goal of this task is to explore a range of well-being techniques and select ones which you think could be useful to you, your colleagues, your students, etc.  |
| 1. **Process**
 | You are presented with a number of resources in this section and the goal is to select ones that you think are useful.For this you are required to:* Identify suitable techniques
* Explain how the techniques work
* Describe how you think these techniques might be useful to you
* Create a presentation
* Include all necessary references
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| 1. **Resources**
 | The following sites should be explored:* <https://www.webmd.com/balance/stress-management/stress-relief-breathing-techniques>
* <https://positivepsychology.com/mindfulness-exercises-techniques-activities/>
* <https://eddinscounseling.com/grounding-techniques-self-soothing-emotional-regulation/>
* <https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>

There are a variety of breathing techniques that can be used to calm down, including the following:* **Left Nostril Breathing**: As the name suggests, just close your right nostril off, and breath in and out through your left nostril slowly, with your eyes closed. This creates a calming effect in your nervous systems within minutes.
* **7-2-11 Breathing**: Breath in through your nose for 7 seconds, hold the breath for 2 seconds, and exhale through your mouth for 11 seconds. This takes a bit of practice, but after a few days of 4-8 sessions a day, you will master it.
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| 1. **Evaluation**
 | The rubric below provides an evaluation criteria: |

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| **Criteria** | **Beginning** | **Developing** | **Qualified** | **Exemplary** | **SCORE** |
|  | **1** | **2** | **3** | **4** |  |
| **Techniques Identified** | Only one technique identified | Two techniques identified | A few techniques identified | A range of techniques identified |  |
| **Clear****Explanation** | A weakexplanation provided | A goodexplanation provided | A very goodexplanation provided | An excellentexplanation provided |  |
| **Technique****Usefulness** | A weakexplanation of the usefulness | A goodexplanation of the usefulness | A very goodexplanation of the usefulness | An excellentexplanation of the usefulness |  |
| **Quality of Presentation** | A weakpresentation | A goodpresentation | A very goodpresentation | An excellentpresentation |  |
| **References Used** | Weak use of references | Good use of references | Very good use of references | Excellent use of references |  |

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| 1. **Conclusion**
 | As the stresses and strains of modern life increase, particularly with move towards more and more people relying on on-line services, it is inevitable that there will be a growth of mental health challenges. To help address these challenges it is important to identify and use techniques that are most suitable for each individual. |

