

Chapter 1

Therapeutic Lifestyle Change for Depression: Lecture

<u>Therapeutic Lifestyle Change for Depression</u> https://www.youtube.com/watch?v=7HDFEbsGRIA	Lecture	Full duration: 1:44:39
<i>Stephen Ilardi explains that our brains are not designed to cope well with the modern world.</i>	Featured segment: 22:00-25:33 (3min, 33 sec) Approximate lesson duration: 50 minutes	
Textbook tie-in: Ch 1 – Reading 1 “What is Stress?”, Ch 1 – Reading 2 “Coping with Stress”		

WARM-UP (8')

- *When you listen to the news, does it make you feel more afraid of the world? If so, is that a good or bad thing?*
- *When you use social media, do you compare yourself to others? If so, is that a good or bad thing?*
- *In the last 5-10 years, what is the longest that you have gone without news or social media? How was the experience?*

PRE-TEACH (12')

- **Useful Vocabulary** (Quizlet & Youglish to explain words)

<i>gossip</i>	<i>tragedy</i>	<i>relevant</i>	<i>rank</i>
<i>peer</i>	<i>benefit</i>	<i>disconnect/unplug</i>	<i>designed</i>
- Idioms & Expressions
 - “24/7/365” - *all the time*
 - “go through withdrawal” – *to feel bad when you stop doing something that you usually do*
- Other background knowledge
 - o Stephen Ilardi is a psychology professor at the University of Kansas.
 - o The total lecture is 1 hour and 45 minutes long, but we'll only watch three and a half minutes.
 - o In this lecture, he compares us to our ancient ancestors, who were hunter-gatherers.
 - o He also talks about three famous people: Brad Pitt, Angelina Jolie, and Michael Jordan.
- **Predict** - Have Ss guess what they will hear about, based on discussions and vocabulary.



VIEWING #1 FOCUS (3.5')

- Note main ideas
- Organize notes into outline (listening for signals to show organization and transitions)

POST-VIEWING #1 ACTIVITIES (8')

- Assess and revise your notes
- Discussions questions
 - *How has gossip changed since ancient times, and why does it matter?*
 - *How have peer groups changed since ancient times, and why does it matter?*
 - *What happens after you “unplug” for a few days? Why?*

VIEWING #2 FOCUS (3.5')

- Note more specific details.
- Add to and revise notes
- *Point out listening/note-taking strategies that appear in the video (see comments on transcript)*

POST-VIEWING #2 ACTIVITIES (7')

Application Activities

- *With your group, write 5+ practical tips for how to be happier and reduce stress in the 21st century. (Be specific and use what you learned in the lecture.)*
- *Will you follow your own advice?*

DICTATION PRACTICE (3')

- Repeat naturally & fluently 1-3x, have Ss write. Quickly scan their answers. Discuss things like reduced speech, linking words, and writing unfamiliar words phonetically
 - *“personally salient”*
 - *“because our ancestors”*
 - *“who does it even better”*

COMPREHENSION QUIZ (5') Kahoot

1. (T/F) Gossip is always relevant to your life.
2. How many people were in an ancestral hunter-gatherer band? (about 50)
3. How many of those people would have been in your peer group? (about 3-5)
The speaker uses Brad Pitt, Angelina Jolie, and Michael Jordan as examples because they are all... (very rich, extremely beautiful, extraordinarily talented, better than most people in some way)
1. (T/F) In the modern world, it's hard to be the best at anything.
2. (T/F) The speaker often “unplugs” to de-stress.
3. What are the physiological effects of “unplugging”? (your blood pressure increases, your heart rate (pulse) speeds up, your stress hormones drop, you sleep less)



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4. How long does it take to get over the “withdrawal” period after unplugging? (a couple days)
5. Which cause of stress did the speaker NOT talk about? (comparing ourselves to others, experiencing a tragedy, reading about others’ tragedies, constantly reading email and news)
6. (T/F) Our brains were not designed for modern life, but our bodies adapt to it well.

Transcript Listening Strategy and Signal Notes

Time	Signal Words	Listening Strategy
22:00	<i>The point is that...</i>	Strategy 5. Listen for and note arguments.
22:16	<i>Why? Because...</i>	Strategy 6. Listen for and note causes and effects
22:26	<i>7 billion “neighbors”...</i>	Strategy 4. Use comprehension strategies when you don’t understand something: <i>nonverbal signals - air quotes</i>
22:53	<i>What does that mean?</i>	Strategy 4. Use comprehension strategies when you don’t understand something: <i>repetition & clarification</i>
24:38	<i>Why? Because...</i>	Strategy 6. Listen for and note causes and effects.
25:42	<i>And it leads to...</i>	Strategy 6. Listen for and note causes and effects.

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[22:00-]

The point is that our brains are wired in such a way that we attend to gossip about danger, gossip about tragedy, gossip about bad things that are out there as if they are personally salient, personally relevant.

Why? Because our ancestors lived in a very small world. And every bit of news was meaningful. Now we live in a world of 7 billion “neighbors” and we hear about their tragedies all the time; we hear about their dangers, and most of us walk around thinking the world is much much more dangerous than it really is.



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And we feel stressed every time we turn on the TV, every time we listen to the radio, every time we go to Google news. Does that ring true for you? And the other problem, of course, is that Brad Pitt is also your neighbor, guys. Ladies, Angelina Jolie is your neighbor. What does that mean? That our brains are wired in such a way that we compare ourselves to the people that we encounter. That we hear about. We compare ourselves. We get a sense of where we rank especially with our peers, same sex peers.

If you were in in the ancestral hunter-gatherer band, the average size was about 50, or so on average - 25 male 25 female. How many same-sex peers would you have? Let's say same-sex peers is plus or minus 5 years of your age. You might have three or 4 or 5...you with me? There is your peer group. Imagine, that's your world. You've got four or five people that you're comparing yourself to. What do you think the odds are that you are going to be the best in your peer group at something? It's overwhelmingly certain that you would have been – think about this every person here, think about this – you would have been the Michael Jordan of something. Of finding new water sources... the Michael Jordan of, you know, skinning a freshly killed deer. The Michael Jordan of preparing some tasty yam stew. Right? You would've been the best. And everybody would have known it and valued you for it. Why? Because your gifts and your abilities would have benefited everyone else in your group. And yet, today, in the global village, of 7 billion, it's hard to be the best at anything.

Why? Because we are always thinking about, "Oh, I heard about that famous person who does it even better." Does that make sense to you? Do you feel? So the modern world is incredibly stressful of course, if you want to get a really easy sense of how stressful it is, think about this issue of 24/7/365 connectivity.

Have any of you had the luxury that I had this past summer of unplugging and disconnecting for several days? Have you had that experience of complete...did anybody kind of go through withdrawal for a little while? Like, "I just gotta check my cell phone, I gotta check my email, I gotta check the news..." and then after a couple of days what happens?

It turns out – go ahead, yeah – you just start to kind of really habituate and all of a sudden, you know what happens? Your stress hormones drop. Your blood pressure drops. Your resting pulse drops. Your level of well-being goes up. Why? We were never designed for the pace of 21st century American life. Our brains were not designed for it, our bodies were not designed for it. And it leads to potentially toxic effects.

[25:33]



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