

Dear Diary, Google Keep

Theme	Beginner Digital Skills, Stress management & Self-Esteem
Target Group <i>(Group Size, Participants Profile)</i>	<p>The tool is designed to be played individually but results can be compared at the end.</p> <p>Age: adults and young adults</p> <p>Ideally: light mental disability and over.</p> <p>Members should be able to text, or can get help from a friend</p>
Duration	Between 15 minutes to 30 minutes
Learning Objectives	<ul style="list-style-type: none"> - Boosting self-confidence and self-esteem - Reframing your own identity <p>As well as:</p> <ul style="list-style-type: none"> - Writing and drawing on smartphone - Making an internet connection - Downloading an app
Preparation	<p>Not much preparation needed. The game needs a quiet room with no interruptions, ideally chairs for everyone to sit comfortably.</p> <p>The room should feel as safe and comfortable as possible.</p> <p>IF participants don't have internet connection, it will need to be provided by facilitator.</p>
Materials	<p>Each participant needs a smartphone, or else the tool cannot be implemented.</p> <p>Internet connection</p>
Flow / Description	<p>Instructions:</p> <ul style="list-style-type: none"> - Ask the participants to remember a bad moment in their life, when they felt: stressed, angry, worried, fearful, feelings of failure, etc - Ask the participants to go to Google Keep and press on the Image button. Take a picture that reminds them of this situation and the bad feelings. - Ask them to take a few minutes to relax, focus on their breathing, and understand the situation. - Ask them to add notes to the picture and write down: <ul style="list-style-type: none"> • Situation: _____ • Emotion: _____ • Automatic thinking: _____ • Alternative thinking (reframing the situation): _____ • Alternative emotion: _____
Debriefing / Reflection	<p>The main idea of this tool is to reframe an event, so that they can reframe their automatic emotional reaction to these events.</p> <p>Make a circle and discuss the activity:</p> <p>IMPORTANT: If participants are not comfortable sharing their experience, do not insist!</p>

	<ul style="list-style-type: none"> - Ask the participants to share their past experience: situation, emotion, automatic thinking, alternative thinking, and alternative emotion <p>IMPORTANT: Ask participants if they are comfortable to receiving advice and contributions. If they are not, do not insist!</p> <ul style="list-style-type: none"> - Ask if other participants can contribute with advice or alternative thinking - What is your opinion about emotions? - Do you think we are in control of our emotions, or do emotions control us? - Have you ever done something bad to someone, and what would be the other person's natural emotion/reaction to what you did? - Is it possible that our automatic thinking makes us blind to the reality of the situation? - Etc.
Thematic / Theoretical Input	<p>Tracking problems through thoughts and behaviours.</p> <p>This exercise might not be easy to understand at first. It is never easy to reframe the situation and emotions from the beginning. It is difficult to admit that we overreact, or that we only see fragments of a situation and jump to conclusions (“I know that I’m right, and my emotions are justified”). But with continuous use, this exercise will give mental and emotional flexibility. Google Keep will keep track of all the situations we have managed to overcome, and will give a good indication of our progress.</p>
Evaluation	<p>I believe this tool may require an evaluation at the end, to see if participants felt comfortable / uncomfortable during the activity and debriefing, if they didn’t feel pushed, stressed, rushed, etc.</p>
Hints/Additional Info for Trainers	<p>Be very careful with this tool. Most of the times there are no worries, but if you push a topic, and do not know what you are doing, you may make somebody uncomfortable or worse, make a bad experience for them.</p> <p>I advise you to study the participants, and only play this game if you feel that your participants are open-minded enough, will not make fun of others, and take this seriously.</p> <p>You won’t get far with toxic people</p>