



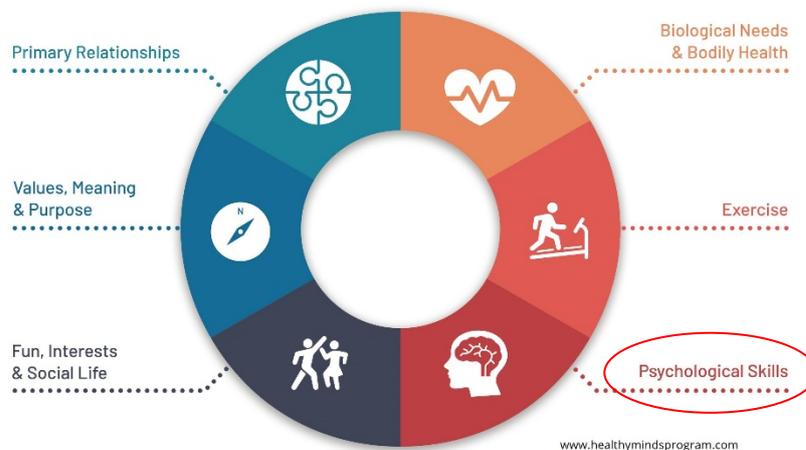
Media Literacy & Perfectionism In an image focused world

Workshop presentation by Dr Tom Nehmy

23rd March 2019

Take Away Messages

- Challenging perfectionism being a critical consumer of all forms of media, are crucial psychological skills



- Perfectionism is a *transdiagnostic* risk factor, meaning it confers risk for multiple diagnostic categories of mental ill-health
- Your students are growing up in the most image-focused time there has ever been
- There can be no resilience without the opportunity to be resilient.
 - Facing challenges, tolerating discomfort, accepting uncertainty, and looking for the benefits of mistakes and failures are all crucial to the healthy development of young people.
- 2 vital questions for students to ask in being critical consumers of media messages:
 - 1. “What has been altered or is not realistic about this image?”
 - 2. “How are they trying to influence me?”
- Humour can be a good way to combat the internalisation of unrealistic media ideals (see Celeste Barber on Instagram)

- Self-compassion is a key Healthy Minds skill that involves honest self-evaluation rather than promoting an image of who we are not to impress others

Finding Growth Lessons – Detective Work Exercise

Do some research on the internet or by speaking with family or friends, to find someone who is considered successful, and write down as many of the ‘failures’, mistakes, or challenges they experienced along their journey to success.

You can choose to write about a family member or person you know, or you might look up a famous person on the internet. See if you can find out information to get a balanced view of that person, rather than the ‘perfect’ image people might assume when they think of their success.

What about the times things didn’t go quite right?

Did they have to bounce back from some kind of difficulty or failure?

Did their failures or mistakes actually help them to become successful or to have a better life?

Did challenging times make them stronger, more adaptable, or better equipped to handle later challenges?

How did that person’s ‘not-so-perfect’ journey contributed to them being successful or happy later on.

EARCOS 2019
© Tom Nehmy, PhD
www.healthymindsprogram.com