



## Self-teach Workbook Unit 15: Global Issues

TIME ASSIGNED: 1-2 Hours

### Activity 1

Please match the terms to the definition. Draw a line from the term to the correct definition.

Term		Definition
Mental Health		'changes in the world's weather, in particular the fact that it is believed to be getting warmer as a result of human activity increasing the level of carbon dioxide in the atmosphere'
News		'(threats of) violent action for political purposes'
Terrorism		'an uncomfortable feeling of nervousness or worry about something that is happening or might happen in the future'
Cope		'the condition of someone's mind and whether or not they are suffering from any mental illness'
Climate Change		'an unpleasant emotion or thought that you have when you are frightened or worried by something dangerous, painful, or bad that is happening or might happen'
Fear		'to deal successfully with a difficult situation'
Anxiety		'information or reports about recent events'



## Activity 2

Test your Knowledge - Quiz

Answer the questions below. You may want to revise the powerpoint before answering these questions.

1. What can worrying about global issues contribute to?

.....

.....

.....

2. What global issues keep you up at night?

.....

.....

.....

3. What are some coping mechanisms you can use?

.....

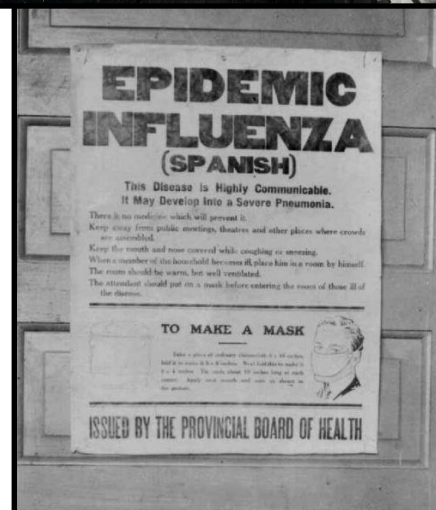
.....

.....

### Activity 3

A Case Study on “The Spanish Flu”. Please Read the following case study on the Spanish Flu during World War One. Then answer the questions on the next page.

The Spanish Flu of 1918 caused one of the worst pandemics in history. The Flu was very contagious and caused many casualties. It allegedly 'infected an estimated 500 million people worldwide—about one-third of the planet's population—and killed an estimated 20 million to 50 million victims'.<sup>1</sup> The virus began infecting individuals in Europe and then spread rapidly throughout the world. As there was no vaccine or drug known to fight the virus at the time many people lived in fear. Businesses and social spaces like Theatres were shut in order to slow down the spread of the virus.



The men who had been fighting in World War One were relieved to hear about a ceasefire. At last they could return home to their families and friends. Their joy didn't last long when they eventually became aware of the deadly Spanish Flu. Young men living in close quarters in military camps and working in trenches were at high risk of catching this flu. Think about what they must have been feeling having just fought in the war to then be told about the Flu, one would imagine, they were completely devastated.

<sup>1</sup> [https://www.history.com/topics/world-war-i/1918-flu-pandemic#section\\_5](https://www.history.com/topics/world-war-i/1918-flu-pandemic#section_5)



**Image references**

Poster - <https://commons.wikimedia.org/wiki/File:SpanishFluPosterAlberta.jpg>

Ward - <https://www.rawpixel.com/image/2298597/free-photo-image-interior-black-and-white-camp-jackson>

**References**

[https://www.history.com/topics/world-war-i/1918-flu-pandemic#section\\_5](https://www.history.com/topics/world-war-i/1918-flu-pandemic#section_5)

<https://www.historic-uk.com/HistoryUK/HistoryofBritain/The-Spanish-Flu-pandemic-of-1918/>

**Questions**

It is important to recognise that there have been many global issues over the years. The fact that we are facing global issues today is not a new phenomenon. Reflect and answer the following questions.

1. Summarise what happened during ‘The Spanish Flu’?

.....

.....

.....

2. How do you think people coped?

.....

.....

.....

3. From learning about this global issue, how does it make you feel about global issues today?

.....

.....

.....



Co-funded by the  
Erasmus+ Programme  
of the European Union





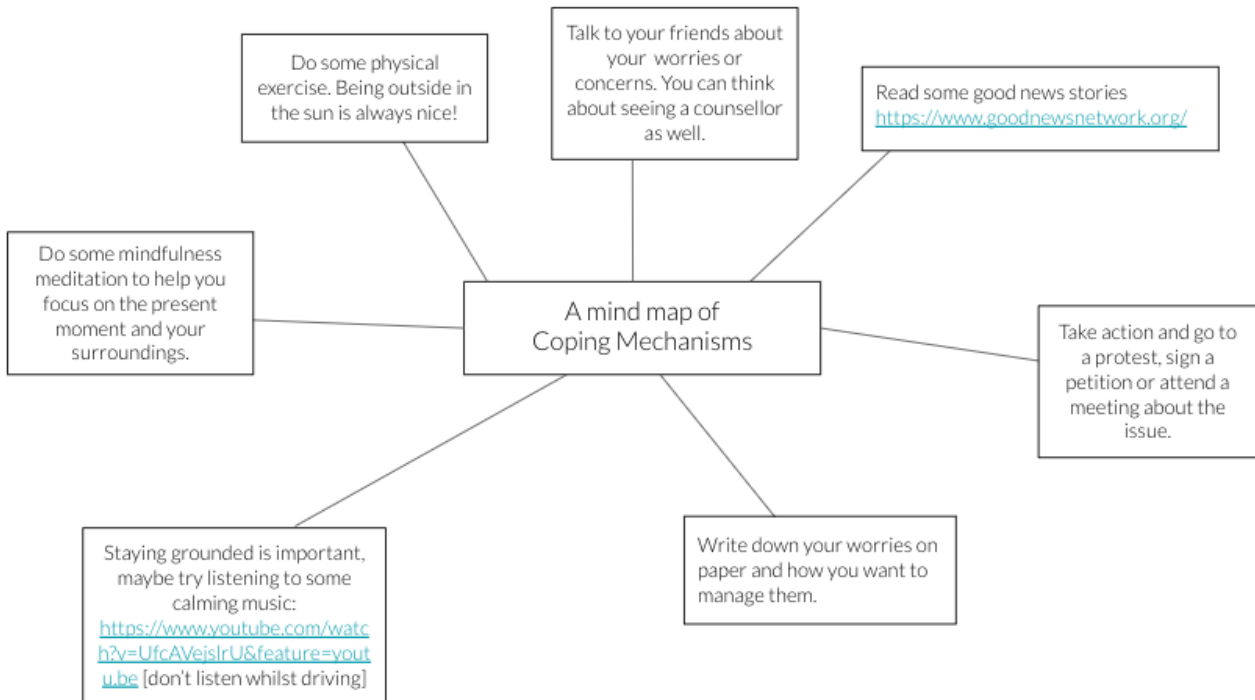
## Activity 4

### My Coping Strategies Mind Map

Draw a mind map with coping mechanisms which you can use to help you manage possible anxieties on global issues. Think of activities that would work best for you, not anyone else. Look for further ideas on the next page if you get stuck.



## My Coping Strategies Mind Map example...





## Activity 5

### Coping with anxiety about terrorism

Please use the words at the end of the page to fill the gaps in the text. Find answers on page 3.

Gaining an understanding of terrorism, its purpose, can help you ....(a)..... the fear of it.

‘Terrorism is an ...(b)..... or threat designed to influence the government or intimidate the public. We tend to overestimate the ...(c)..... of terrorism based on these irrational factors.’<sup>2</sup>

‘Firstly, we tend to think that something is more risky if a very ...(d)..... event recently happened.

This is true after acts of terrorism or ...(e)..... accidents or the Ebola “crisis.” The recency of an event leads to ... (f)..... fear of the event reoccurring. Secondly, we tend to overestimate risk if the event is dramatic—especially if we see pictures on the news 24 hours a day. We do not see pictures on the news of skin cancer, breast cancer or ... (g)..... disease. These illnesses are far more ... (h)..... and kill far more people. Thirdly, we do not see “non-events” on the news. For example, we do not see people going about their normal business, arriving safely, going to stores, and doing things they always do.’<sup>3</sup>

‘The rational response is to estimate the ... (i)..... of being a victim of terrorism. In fact, Terrorism is killing far fewer ... (j)..... in the UK now than it was in the 1980s.’<sup>4</sup> ‘In the UK, you are (k).....more likely to die in a traffic accident than you are to be killed in a terrorist attack.’<sup>5</sup>

dangerous      people      275 times      action      probability      risk  
rationalise      heart      airplane      dramatic      increased

<sup>2</sup> <https://educateagainsthate.com/terrorism-definition/>

<sup>3</sup> <https://www.psychologytoday.com/gb/blog/anxiety-files/201802/how-think-about-terrorism>

<sup>4</sup> <https://www.telegraph.co.uk/news/0/many-people-killed-terrorist-attacks-uk/>

<sup>5</sup> <https://www.forbes.com/sites/robinandrews/2017/05/24/how-simple-math-shows-us-that-manchester-style-terror-attacks-shouldnt-be-feared/#723db2fd64ac>





## Coping with anxiety about climate change

‘Feeling the ... (a)..... of climate change involves a whole host of difficult emotions. Common feelings are fear, ... (b) ....., guilt, shame, grief, loss, helplessness. These strong feelings might result from direct fears about climate related ...(c) ..... events affecting us, or vicarious distress about future threats, or about climate change impacts in other places, or even distress in response to the ... (d)..... threats to civilisation as we know it.’<sup>6</sup>

Those who ... (e)..... ecoanxiety may feel, as described by the BBC news as ‘the overwhelming powerlessness some people say they experience when they think about climate change.’<sup>7</sup>

To handle the topic of climate change in a ...(g)..... way, one can develop coping strategies. This may include being able to:

- Talk about the ...(h)..... with your friends and family
- Use meditation and do some exercise to stay calm
- Avoid watching the ... (i) ..... before bed
- Think about ways you could help locally
- Sign a petition or join a climate change ... (j) .....

To find more coping strategy ideas see the climate change distress information sheet. Find the link here:

[https://www.psychology.org.au/getmedia/cf076d33-4470-415d-8acc-75f375adf2f3/coping\\_with\\_climate\\_change.pdf.pdf/](https://www.psychology.org.au/getmedia/cf076d33-4470-415d-8acc-75f375adf2f3/coping_with_climate_change.pdf.pdf/)

weather	difference	issue	threat	manageable
anger	experience	existential	protest	news

<sup>6</sup>[https://www.psychology.org.au/getmedia/cf076d33-4470-415d-8acc-75f375adf2f3/coping\\_with\\_climate\\_change.pdf.pdf](https://www.psychology.org.au/getmedia/cf076d33-4470-415d-8acc-75f375adf2f3/coping_with_climate_change.pdf.pdf/)

<sup>7</sup><https://www.bbc.co.uk/news/uk-england-nottinghamshire-49836830>

## Answers

### Activity 1

Term	Matched Definition
Mental Health	'the condition of someone's mind and whether or not they are suffering from any mental illness'
News	'information or reports about recent events'
Terrorism	'(threats of) violent action for political purposes'
Cope	'to deal successfully with a difficult situation'
Climate Change	'changes in the world's weather, in particular the fact that it is believed to be getting warmer as a result of human activity increasing the level of carbon dioxide in the atmosphere'
Fear	'an unpleasant emotion or thought that you have when you are frightened or worried by something dangerous, painful, or bad that is happening or might happen'
Anxiety	'an uncomfortable feeling of nervousness or worry about something that is happening or might happen in the future'



## Activity 2

1. Global Issues can contribute to anxiety and poor mental health. Because they are much bigger than us, and can make us feel out of control.
2. Climate change, poverty, inequality, european economic crisis, international terrorism, global conflicts
3. Talk through the issue, question the sources you are using, set time limits to digest the news, get good news to, don't read the news before bed, gain perspective

## Activity 3

No answers available

## Activity 4

No answers available

## Activity 5

Answers to 'coping with anxiety about terrorism'

- |                 |               |                 |               |
|-----------------|---------------|-----------------|---------------|
| (a) rationalise | (d) dramatic  | (g) heart       | (j) people    |
| (b) action      | (e) airplane  | (h) dangerous   | (k) 275 times |
| (c) risk        | (f) increased | (i) probability |               |

Answers to 'coping with anxiety about climate change'

- |             |                 |                |             |
|-------------|-----------------|----------------|-------------|
| (a) threat  | (d) existential | (g) manageable | (j) protest |
| (b) anger   | (e) experience  | (h) issue      |             |
| (c) weather | (f) difference  | (i) news       |             |

**This project has been funded with support from the European Commission. This publication (communication) reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the**



**information contained therein.**