

Health Psychology Activities: Menu and Due Dates Summer 2025

**Those activities that take more than a single day to complete
are marked with an asterisk ***

Complete at least 15	start date & due date		start date & due date
Sitting rising	May 14-17	Spiderweb of social networks	June 20-23
Who am I Part 1 and 2 *	May 16-22	Guided imagery	June 23-26
Framed messages	May 21-28	Spirituality booster*	June 25-July2
Health Belief Model & disease	May 23-26	Hassles & uplifts 5-day tracker*	June 27-July5
7-minute workout challenge*	May 28-June 6	Environmental connect *	July 2-11
Peer review of slides	May 30-June 3	Ice bucket challenge	July 7-10
Self-esteem booster*	June 2-11	Health app exploration*	July 9-17
Experiment: find the flaws	June 4-7	Behavior intervention – group help	July 11-14
Top 3 stressors	June 6-9	Binder clip pain	July 14-17
Into the wild	June 9-17	Pre-Fed-up activities	July 16-19
BP & HR biofeedback	June 11-17	Movie time activities	July 18-23
Walk 1 and 2*	June 13-21	Post Fed-up activities	July 21-25
Vagus nerve stimulation	June 13-16	CPR activity	July 23-26
Diaphragmatic breathing	June 18-21	Food portion sizes	July 28-31
PMR	June 20-23	Sugar tracking	July 30-Aug 3
31 to choose from		Soothing forces of nature	Aug 11-14

You can use this sheet to track which ones you've done and the score you earned. You only need to complete 15. However, if you do more, I will count your best 15.



Sitting Rising

Can you *safely* sit down and stand back up without using any appendages (e.g. hand, elbow, knee...)? Watch module 1 seg 2 first to learn how to do this. Next, find a large open space where you will not get hurt if you lose your balance. If you can sit down and get up without using a hand, knee, elbow etc. you have earned a perfect 10. *However*, subtract 1 point for each hand, knee, elbow etc that you needed to use. What variables do you think determine your ability to do this? What does this "test" tell you about your well-being?



Who am I? Part 1 and 2

For Part 1: write down the first 5-7 words/terms that describe you. Upload this to the Who am I: Part 1 "quiz" on Canvas. Two-four days later, repeat the activity in an environment VERY different from the one in Part 1 of the activity. No compare the two lists. Did the descriptors change at all? Which variables affect how we define ourselves and why? What relevance does this have for our wellbeing? Complete the Who am I Part 2 "quiz" on Canvas.



Health Belief Model & Infectious Disease

What determines whether people will or won't wear a mask in public or get vaccinated for measles or some other infectious disease? We will use the Health Belief Model to find out. First, try and use the model to **decrease** the perception of threat. Think about the 4 perceptions, demographic variables, and psychosocial variables described in the model. Write down all the variables you come up with. Then use the model to **increase** the perception of threat. Again, write down all the variables you come up with. Now compare the two sets of answers. In what ways are they the same or different? Which one do you think predicts your behavior and attitudes the most?. Hopefully, this activity will give you a better idea of how health psychologists use health models to understand health behaviors.

You will need to upload a neatly organized document that shows your answers for the increased and decreased perception of threat conditions. **Please do not upload a HEIC file. We cannot open these.**



Gain vs Loss Framed Messages

Pick a health behavior you've seen health messages for. Some examples include drinking, smoking, drug abuse, exercise etc... Find two health messages that target this behavior. One must be gain framed and one must be loss framed. They do not need to be in the same format. That is, one could be a video clip and the other could be a billboard. It is possible that both frames could be used in the same message.

Which frame affected you the most, or were they both equal? Why do you think this is?

You are going to have to upload a document that provides a description of each message. Provide enough detail so that we can clearly verify whether it was gain or loss framed. If you can provide a picture or a link to the message - this would be awesome! **Please do not upload a HEIC file - we cannot open these.**



Peer review of team presentation slides

No later than May 30, you will upload the slide(s) you personally created for phase 1 of the behavioral health intervention or public health message campaign. Other classmates will conduct a peer review of your slides. YOU will conduct a peer review of two other students' slides (students who are NOT on your team).

For your review, address the following: what did you really like? What advice might you give them to make their presentation even better? Look at their color scheme (are their colors vivid or drab), fonts (size, type, and color), do the fonts contrast well against the background, is there too much text on a slide, have they made good use of pictures/clipart, are the photos/clipart well positioned on the slide etc... Be kind and respectful. When you receive feedback on your slides, please consider their suggestions. We all want to help each other.

Once you've completed your reviews, go to the class activities module and submit this activity.

It is my hope that *everyone* will do this activity because you will all benefit! A sizeable portion of your grade on the phase 1 team presentation is based on aesthetics.



7-minute workout challenge

The 7-minute workout (many different ones are on YouTube) is getting a lot of hype. Pick one that is appropriate for your sex, age, and level of physical fitness. Then, watch and do the workout 5 out of 7 consecutive days.

Before you start - record at least one objective measure of wellbeing and at least one subjective measure daily for 3 days. For example, weight (objective) and mood (subjective). Another idea - use a sleep app for your objective measure. Another subjective measure might be perceived level of alertness throughout the day. You decide. You might want to try using one of the [behavior change techniques](#) from module 2 to see if they help you succeed at this challenge - this is just a suggestion :)

Be sure to record the URL for the 7-minute workout you followed and your measures of wellness. You will be asked to report on these.

Important: do not do this activity unless you are in good physical health. Do not over-exert yourself either. "No pain, no gain" is a myth!



Experiment: Find the flaws

Do photographs of high vs low GI food affect hunger?

I have created a flawed experiment to find out. Can you spot the flaws?

Watch [Video #1](#), and then at least 1 hour later, watch [Video #2](#). Each video is less than 5 minutes. After you watch each video immediately record how hungry you feel on a 1-10 scale where 1 is "not at all" and 10 is "famished".

Once you have done this, enter your data into this anonymous [Qualtrics survey](#), where you will enter your data. Note that you will need to know your BMI. Use this [BMI calculator](#)

And finally! In a document, answer these questions:

Based on the research question alone, what was the IV and what was the DV?

What could have been some extraneous variables in this study?

What was for sure a confound?

What were some other weaknesses or flaws in the experiment?

What could have been done better?

You will need to upload this document when you answer the three activity questions



Top three stressors

Write down your top three stressors – things that are stressing you out right now. What type of stressors are these? Use the categories I talked about in module 4 seg 1. Specifically, the categories that relate to modern day vs. ancient humans. Notice a trend in the type of stressors you wrote down?



Self-esteem booster

Go online and look for suggestions (preferably credible ones) that suggest activities to boost self-esteem. Pick one you like - and one that will not take weeks to execute. Be sure to note the URL where you found the suggestion.

IMPORTANT: before you try to boost your self-esteem - take [this quiz](#) and note your score. After you execute the activity, re-take the quiz and note your score again.

Describe the activity you did to try and boost self-esteem. Include sufficient details so that someone else could try to replicate what you did. Include the URL where you found the activity. Did your self-esteem increase, decrease, or stay the same from pre-test to post-test? Explain why you believe you got these results.



Walk 1 and 2

Walk 1: Go on a 5-minute walk, preferably outside. You can do anything you want on this walk. When you return, write down what you did, saw, heard, smelled, tasted, and felt (physical sensations). Just a short sentence for each is fine. Upload this to the Walk #1 “quiz” on Canvas.

Watch module 4 segment 17 – this MUST be done before walk 2

Walk 2: You will again go on a 5-minute walk. Just like the first, you can do anything you want on this walk, but try and use the principles learned in the video lecture. Answer the same questions: what did you do, see, hear, smell, taste, and feel (physical sensations). Was one walk more fulfilling/enriching than the other?



Vagus Nerve Stimulation

Do you know how to stimulate your vagus nerve and activate your parasympathetic nervous system? I do. First, go to your bathroom and gargle with a sip of water. Gargle gently off and on for 30 seconds. Second, find a friend. As goofy as this sounds – look at each other in the eyes and laugh. It will be “fake” at first but I bet this will soon turn into real laughter – cause it is pretty silly after all 😊 Laugh for a good minute – longer if you want. Third, hum for a good solid minute. Finally, complete the activity quiz.



Biofeedback: Heart Rate & Blood Pressure

What affects your Heart Rate (HR) and Blood Pressure (BP)? Think of two “test conditions” to see what effect they have on your HR + BP. Choose one activity because you “think” it will relax you and choose another because you “think” it will arouse you. For example, does eating affect HR + BP? What about petting your dog/cat? Exercise? Watching something funny on TV? Scrolling through social media? Watching news on the pandemic or the war in Ukraine? Or how about a nice massage from a significant other? :) Perform each activity for at least 5 minutes - preferably 10.

Make sure you take a reading just before and just after each activity because you will want to know if and how the activity *changed* HR + BP. Then you can see if one type of activity affected these measures more than the other - and in which direction.

Be sure to tell us which activities you chose and enter your results using a table - an example is provided for you below. Have fun!!

	HR before	HR after	HR difference	Systolic before	Systolic after	Systolic difference	diastolic before	diastolic after	diastolic difference
activity 1									
activity 2									



Into the Wild

[Into the wild](#) (long movie -must rent for about \$3).

As you watch the movie, pay attention to any evidence of the important role social connections play in our well-being. You will be asked to tell us what the message of the story was as it relates to Social Support.



Diaphragmatic (Belly) Breathing

Watch module 4 seg 14 to learn how to belly breath properly. Now find a quiet place free of distractions. Practice the technique for 3-5 minutes. Next for one minute, try belly breathing where you inhale slowly for 10 seconds, then exhale slowly for 10 seconds. You can just count 10 “Mississippi” in your head. Set a timer to know when the 1 minute is up. You may find this harder than you think. BTW, if you start to hyperventilate, just return to your normal breathing patter,



Progressive Muscle Relaxation (PMR)

Listen to this audio file that walks you through a ~ 17 min [session of PMR](#). Make sure to breath diaphragmatically throughout. You need to record HR and BP before and after. The numbers will be entered into a table like the one below. You will use this information and your subjective feelings of arousal vs. relaxation to see whether this technique works for you.

HR BEFORE	HR AFTER	HR DIFFERENCE	SYSTOLIC BEFORE	SYSTOLIC AFTER	SYSTOLIC DIFFERENCE	DIASTOLIC BEFORE	DIASTOLIC AFER	DIASTOLIC DIFFERENCE



Spiderweb of Social Networks

Click here for a sheet of paper on which [two spiderwebs](#) have been printed. Imagine you are in the center of each web. On the one marked “actual”, you will enter the names of people, groups, and institutions that are having the most impact (positive or negative) on you right now. These are arranged such that the most impactful go on the center rings of the web. Those with the least impact go on the rings on the outer edge. Those with moderate impact go in between.

You will then do the same thing for the “ideal” spiderweb, only this time you will arrange the location of all the individuals, groups, and institutions where you would LIKE them to be.

Finally, brainstorm ways of converting your actual web to your ideal web. Some ways might be “physical” while others may be more “psychological” (e.g. modifying perceptions)



Guided Imagery: Mountain Lake

Listen to this audio file that walks you through a ~ 17 min session of [guided imagery](#). Make sure to breath diaphragmatically throughout. You need to record HR and BP before and after. The numbers will be entered into a table like the one above. You will use this information and your subjective feelings of arousal vs. relaxation to see whether this technique works for you.



Spirituality booster

Go online and look for suggestions (preferably credible ones) that suggest activities to boost spirituality. Pick one you like - and one that will not take weeks to execute. Be sure to note the URL where you found the suggestion.

IMPORTANT: before you try to boost your spirituality - take [this quiz](#) and note your score. After you execute the activity, re-take the quiz and note your score again.

Describe the activity you did to try and boost spirituality. Include sufficient details so that someone else could try to replicate what you did. Include the URL where you found the activity. Did your spiritual wellbeing increase, decrease, or stay the same from pre-test to post- test? Explain why you believe you got these results.



Hassles & Uplifts: 5-day tracker

Can focusing on uplifts vs. hassles have an effect on your wellbeing?

To find out, you will write down your uplifts and hassles according to the schedule below. You only need one short sentence to describe each hassle or uplift. We will not ask you to share these with us. At the end of the day before going to bed, rate your overall wellbeing for the day using a 1 to 10 scale (1 = absolutely terrible and could not get worse, 10 = super! Could not have been better)

If you do not have severe anxiety or depression, follow the instructions below:

day 1: *consciously* look for **uplifts** and write them down. Ignore any hassles you might experience

day 2: write down all your **hassles**. Ignore any uplifts you might experience

day 3: this is an **uplifts** day - follow day 1 instructions

day 4: this is a **hassles** day – follow day 2 instructions

day 5: this is an **uplifts** day – follow day 1 instructions

If you have severe anxiety or depression, follow the instructions below:

Follow the same instructions as above EXCEPT do not write down your hassles on days 2 and 4. You still need to record your wellbeing, but these will just be considered "neutral" days.

Record your data in a table like the one below.

	wellbeing (1-10)
UPLIFT day	
HASSLE day	
UPLIFT day	
HASSLE day	
UPLIFT day	
mean (average) for the HASSLE days	
mean (average) for the UPLIFT days	



Environmental connect & protect

Go online and look for suggestions (preferably credible ones) that suggest activities to enhance environmental wellness. Pick one you like - and one that will not take weeks to execute. Be sure to note the URL where you found the suggestion.

IMPORTANT: before you try to enhance your environmental wellness - take [this quiz](#) and note your score. After you execute the activity, re-take the quiz and note your score again.

Describe the activity you did to try and connect with nature and enhance environmental wellbeing. Include sufficient details so that someone else could try to replicate what you did. Include the URL where you found the activity. Did your environmental wellness increase, decrease, or stay the same from pre-test to post-test? Explain why you believe you got these results



Ice Bucket Challenge

Complete this activity **BEFORE** you start watching the videos in Module 7

Watch [this video](#) to see what you are in for!



Behavioral Intervention Group Help

Learn from your peers who are trying to change the same or similar behavior as you. You likely have some challenges in common, but not necessarily the same solutions. Offer suggestions to others and learn from theirs. You will do this by participating in a discussion posted to Canvas, after which you submit the “quiz” for this activity.



Binder Clip Pain

Which variables influence the expectation and perception of pain? What is your own pain tolerance like? How does pain affect your heart rate and blood pressure? You will find out by placing a 1" binder clip on your finger. You will record your data in a table like the one below. Implications for pain research will be discussed. [Watch this video!](#)

HR BEFORE	HR AFTER	HR DIFFERENCE	SYSTOLIC BEFORE	SYSTOLIC AFTER	SYSTOLIC DIFFERENCE	DIASTOLIC BEFORE	DIASTOLIC AFTER	DIASTOLIC DIFFERENCE



Fed Up: Pre-movie activities

BEFORE you watch the movie FED-UP, let's learn something about ourselves and what we think we know. You will first identify the [type of diet](#) you generally follow. Then, you will go online and search for a list of highly processed, processed, and minimally processed food to see how much you consume from each list. Finally, you will go online and look up your favorite food or snack that is not an unprocessed (clean) food. Look at the ingredients and nutritional analysis. Based on this, how healthy is your favorite snack?



Health App Exploration & Experimentation

Go to wherever you normally go to get apps for your phone. Find a health app that interests you and one that you have never tried before. Try it for at least 3 days. Note that the app can address any of the dimensions of wellness we talked about at the beginning of the course.



Fed Up: Movie time activities

Watch the movie "[Fed UP](#)" and answer the questions below.

Describe the theories of obesity (causes and cures) that this film addressed. Two-three sentences to describe each is fine.

Which ideas/theories you described above are consistent with health psych's approach to obesity?

What makes these ideas/theories consistent with a health psychology perspective?



Fed Up: Post movie activities

Go to your local Walmart or grocery store. Take pictures of the food/beverage available at the checkout counter. Save the photos!

You will be asked to do and answer the following questions:

Provide a list of food/beverages that fall under the healthy and unhealthy categories.

What is the proportion of healthy vs unhealthy food/drinks are available as impulse buys?

Go online and look up food ads directed toward children. What kind of food is being advertised? Is it healthy or unhealthy and why? What tactics are being used to "draw kids in"?



Cephalic Phase Responses (CPR)

We are going to try and induce a CPR to the *imagined* sight and smell of food. Step 1. sit back and relax for 5 minutes. Step 2. Record your heart rate and BP. Step 3. visualize your favorite in your head. Imagine what it smells like, tastes like, and feels like when you eat it. Is your mouth watering? Keep up this visualization for 3 minutes. Step 4. Re-record your heart rate and BP. Finally, complete the activity quiz associated with this activity.

	Heart rate	Systolic BP	Diastolic BP
Pre-imagery			
Post- imagery			



Food Portion Sizes

Google "visual hand guide to portion sizes". Use the "hand" guide to assess what the chart tells you about what portion sizes are healthy for you. How does this match with reality? Are you eating less, more, or about what the chart suggests you should? When determining food portions, what other variables might also be taken into consideration? Include these observations when you talk about what you learned from completing this activity.



Sugar Tracking

Select a "normal day" and record how many grams of added sugar you consumed (ate or drank). To do this, we will need to either look at the nutrition label or go to the company's website. IMPORTANT. This information is almost always given "per serving". Look and see what they say is a serving size. If you had the equivalent of three servings, then multiply the grams of added sugar by 3. At the end of the day, compare how many grams you consumed with the recommended number of grams. The number of recommended grams of added sugar can be found online.



The soothing forces of nature

What effect does nature have on your HR and BP?

Step 1. Take your HR and BP. Step 2. Go outside and pluck a flower or piece of a plant (nothing endangered) and bring it inside. Draw this plant for 5 minutes. Note: draw using your emotions and the connection you feel to the plant. The actual drawing does not have to be "realistic". This is not what's important. Step 3. Record your HR and BP. Step 4. Go outside with your plant – ideally, go to a place where you cannot see any human made structures. If your flower/plant has wilted, go get another one. Step 5. Record your HR and BP. Step 6. Draw for 5 minutes. Step 7. Re-record your HR and BP.

Did your HR and BP change? If so, how? What about the drawings themselves? Were you more relaxed and "spiritual" in one environment over the other?

A sample table is provided on the next page

The soothing forces of nature: sample table

	human-made environment	nature environment
HR before		
HR after		
HR difference		
systolic before		
systolic after after		
systolic difference		
diastolic before		
diastolic after		
diastolic difference		



The End