



Associate Professor Jill Newby & Associate Professor Yen Ying Lim

**Let's get inside our heads**

Tuesday 1 March — 11.30am AEDT

Read this article. <https://theconversation.com/if-dr-googles-making-you-sick-with-worry-theres-help-125070> What four behaviours indicate cyberchondria compared to normal online searching?

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What factor were they controlling with the control group?

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What are three of the top tips that you think would help you the most?

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Take a look at this article on managing anxiety. <https://www.smh.com.au/national/some-anxiety-can-be-helpful-how-to-manage-your-covid-19-fears-20200317-p54asa.html>

The article advises to avoid misinformation but also to keep in touch with supportive people. How would you do this without letting social media channels distract you?

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How could taking action help reduce anxiety?

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Take a look at these links to some of A/Prof Lim's projects she mentioned in her talk [www.healthybrainproject.org.au](http://www.healthybrainproject.org.au). Find the section "Why is this important".

What is the aim of the research?

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What can participants get out of contributing to the project?

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[www.betterbrains.org.au](http://www.betterbrains.org.au) Watch the short video.

From the description, what factor are they controlling?

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What variable are they measuring?

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Can you find the aim of this project?

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