



OIR

Open innovative resources
for distance learning

OIR POLAND - IO 3

Educational videos

(Guide)



OIR

Open innovative resources
for distance learning



UMCS
UNIWERSYTET MARII CURIE-SKŁODOWSKIEJ
W LUBLINIE



Università
degli Studi di
Messina



Universidad de Oviedo



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Lublin 2023



Co-funded by the
Erasmus+ Programme
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Video no 1

- **Author:** Marlena Stradomska, Grażyna Stankiewicz, Alicja Lisiecka
 - **Title:** Techniki radzenia sobie w sytuacjach trudnych, stresowych, kryzysowych (PL). How to cope with stress? (EN)
 - **Description:** The concept of stress, difficult or crisis situations is commonly associated with a negative meaning, primarily with overload caused by conflicts, illness, unpleasant or challenging experiences, worries, as well as the influence of physical stimuli, such as noise, distractors, etc. The number of things and situations that can be stressful for an individual is infinite because it mainly depends on the individual's unique differences and their ways of coping with them. The video, in the form of an interview with an expert, presents practical techniques for coping with emotions in order to build well-being in life.
 - **Link:** [Techniki radzenia sobie w sytuacjach trudnych, stresowych, kryzysowych \(PL\)](#)
 - **Link:** [How to cope with stress? \(EN\)](#)

Video no 2

- **Author:** Teresa Zubrzycka-Maciąg, Urszula Lewartowicz, Alicja Lisiecka
 - **Title:** Co to jest asertywność? I jak być asertywnym? (PL). What is assertiveness? How to be assertive? (EN)
 - **Description:** Assertiveness has a significant impact on the quality of an individual's personal, social, and professional life. High assertiveness means the ability to be oneself and act in accordance with one's beliefs. It guarantees self-confidence and a sense of influence over one's own life, which becomes richer through honest and deep relationships with others. The video presents general information about assertiveness and practical techniques for its development.
 - **Link:** [Co to jest asertywność? I jak być asertywnym? \(PL\)](#)
 - **Link:** [What is assertiveness? How to be assertive? \(EN\)](#)



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