Understanding mental health

ID TALKS

Social media addiction

WHAT DO YOU DO WITH YOUR PHONE?

SOCIAL MEDIA OVERLOADS OUR BRAIN

"SOCIAL MEDIA IS HERE TO STAY, BUT WE CAN TAKE ACTION TO PREVENT IT FROM BECOMING AN ISSUE IN OUR SOCIETY"



KATJA MANKINEN
(FINLAND)



HOW DO YOU USE SOCIAL MEDIA?

- >ABILITY TO FOCUS
- >SELF-PERCEPTION/ESTEEM
- >FEAR OF MISSING OUT (FOMO)
- >COMPULSIVE NEED TO USE IT
- >DIFFICULTY QUITTING



DIGITAL DETOX retreat

WITH ONE THEME EACH DAY:

1 > 2 > 3 > 4

THEORY-TECHNOLOGY-EMOTIONS-BEHAVIOR

- 4-DAY INTERVENTION
- YOUNG ADULTS (18-29 Y.O.)
- MAXIMUM 12 PEOPLE/GROUP
- FREE, BASED ON APPLICATIONS

LECTURES, GROUP WORK, SUPPORTIVE DISCUSSIONS, OUTDOOR ACTIVITIES...

TYPES OF SOCIAL MEDIA

- CONTENT CREATION > BLOGS, VLOGS
- CONTENT SHARING > YOUTUBE
- SOCIAL NETWORKING > FB, IG, TIKTOK...
- CO-PRODUCTION > WIKIPEDIA
- VIRTUAL WORLDS ...

ADDICTION VS. PROBLEMATIC USE

2-5%

17-22%

"WITHOUT A CONSCIOUS USE, A PROBLEMATIC USE HAS A BIG CHANCE TO TURN INTO AN ADDICTION"

ADDICTION

- BEHAVIORAL addiction
- INTERNET addiction
- SOCIAL MEDIA addiction

SOCIAL NETWORKING platforms

"THE MORE YOU USE IT, THE WORSE YOU FEEL"

«DOOMSCROLLING»

FEEDING YOUR ANXIETY & INSECURITIES INSTEAD OF YOUR CURIOSITY



WHAT TYPE OF ACCOUNTS IS IT WORTH FOLLOWING?

SoMe SHOULD SUPPORT YOUR well-being

HOW TO DEAL WITH SOCIAL MEDIA ADDICTION?

MAKE YOUR PHONE LESS INTERESTING

- BLACK & WHITE SCREEN
- TURN NOTIFICATIONS OFF
- USE DESKTOP VERSIONS

MAKE A PLANNED, CONSCIOUS USE OF IT

- SET TIME LIMITS FOR APPS
- FIND HOBBIES THAT DON'T INCLUDE A PHONE

supporting YOUNG PEOPLE
WHAT CAN YOU DO?

START A DISCUSSION WITH YOUNG PEOPLE

BE GENUINELY INTERESTED

OFFER MORE INTERESTING ALTERNATIVES

SALTO INCLUSION & DIVERSITY

In cooperation with: Mental Health in Youth Work project

GRAPHIC NOTES: @MYINKTHINK