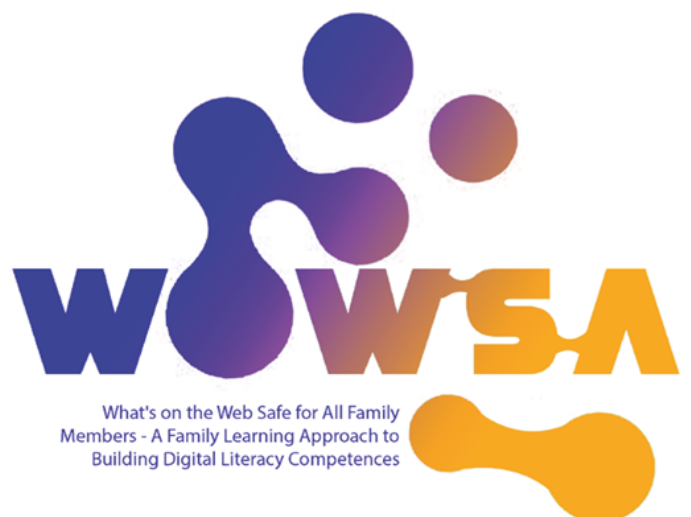




MEDIA BALANCE AND WELLBEING

Advanced Level



Media today

Being totally present in a world full of Facebook, Instagram, Snapchat, Twitter, and texting can be hard. However, shutting it out completely doesn't seem like a particularly realistic option for most of us. It's why finding ways to balance your social media and offline life are actually super important for a meaningful existence.

Media content that is humorous or distracting or provides a meaningful connection to peers and a wide social network might even help avoid depression or isolation.

We also use social media for entertainment and self-expression. And the platforms can expose us to current events, trends, allow us to interact across geographic barriers and teach us about a variety of subjects.



What about *balance*? ⚖️



Is Social Media Hurting Your Mental Health? | Bailey Parnell | TEDxRyersonU

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We are all aware that we spend more time that desirable on our phones. Our screen time at the end of the week reaches new records and we don't even notice it. Mindless scrolling and media consumption take up a lot of our time and can have serious effects on our mental health.

The Doomscroll



What Happens In Your Brain When You Doomscroll?

Instagram, TikTok, and other apps are there for you in those boring in-between moments where you're waiting for the bus and desperately need some stimulation. This kind of connection with others can be a huge boost. However, there can always be unpleasant experiences.

Internet trolling

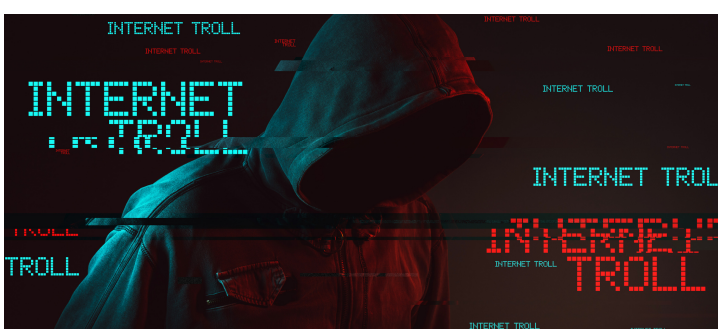
Trolling is when someone comments or responds to something you post, usually in a confrontational way that is designed to garner a strong, emotional reaction. Although many people use the term in contexts where a sense of humor is appreciated, the truth is that internet trolling can get pretty nasty and is not always a laughing matter.

What is doomscrolling?

Doomscrolling is mindlessly scrolling through social media posts, negative news articles or other content-sharing platforms.



Doomscrolling through news feeds looking for the latest updates can also be bad for your brain. Doomscrolling, the University of London noted, can mean "feeling caught up in and overwhelmed by a current of information that seems to run out of control." While doomscrolling may seem like a way to stay informed, it could simply be feeding your brain's stress response by bombarding it with negativity, prompting it to release cortisol and keep you on edge.



Don't let your phone take over

- **Buy A Real Alarm Clock**

getting a real alarm clock — as opposed to using the alarm on your phone might be more efficient than you think.

- **Dedicate Time For Face-To-Face Contact**

Social media compliments the relationships we have in life as opposed to replacing them, and it's important to carve time out for real conversations and interactions because of it.

- **Use an app to control screen time**

Fight fire with fire. It's ironic, but downloadable apps and extensions remove some of the triggers built in by designers and engineers and help you to be more conscious of what you're doing.

- **Take A Day Off!**

Phones don't eat or take showers, but they still need vacations.

In the end...

Technology should ideally enhance our lives, not take anything away from us, and yet it can be incredibly hard to strike a healthy balance between our online and offline lives. The good news is, it's not all that hard a problem to fix — you just need to be a little proactive and have a desire to change.



- **Make A "No Bedroom Allowed" Rule**

Text goodnight to your friends, and then spend the last 30 minutes before bed reading a book or writing in a journal. If you do this Sunday through Thursday, you've already given yourself two and a half hours of **extra mental space** a week!

[Control Your Phone. Don't Let It Control You.](#)

[How does social media affect your well-being?](#)

[The Effect of Social Media on Teenagers](#)





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

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Project Number: 2020-1-AT01-KA204-077958