

Scrolling Ourselves Apart

By *empac*

Objectives

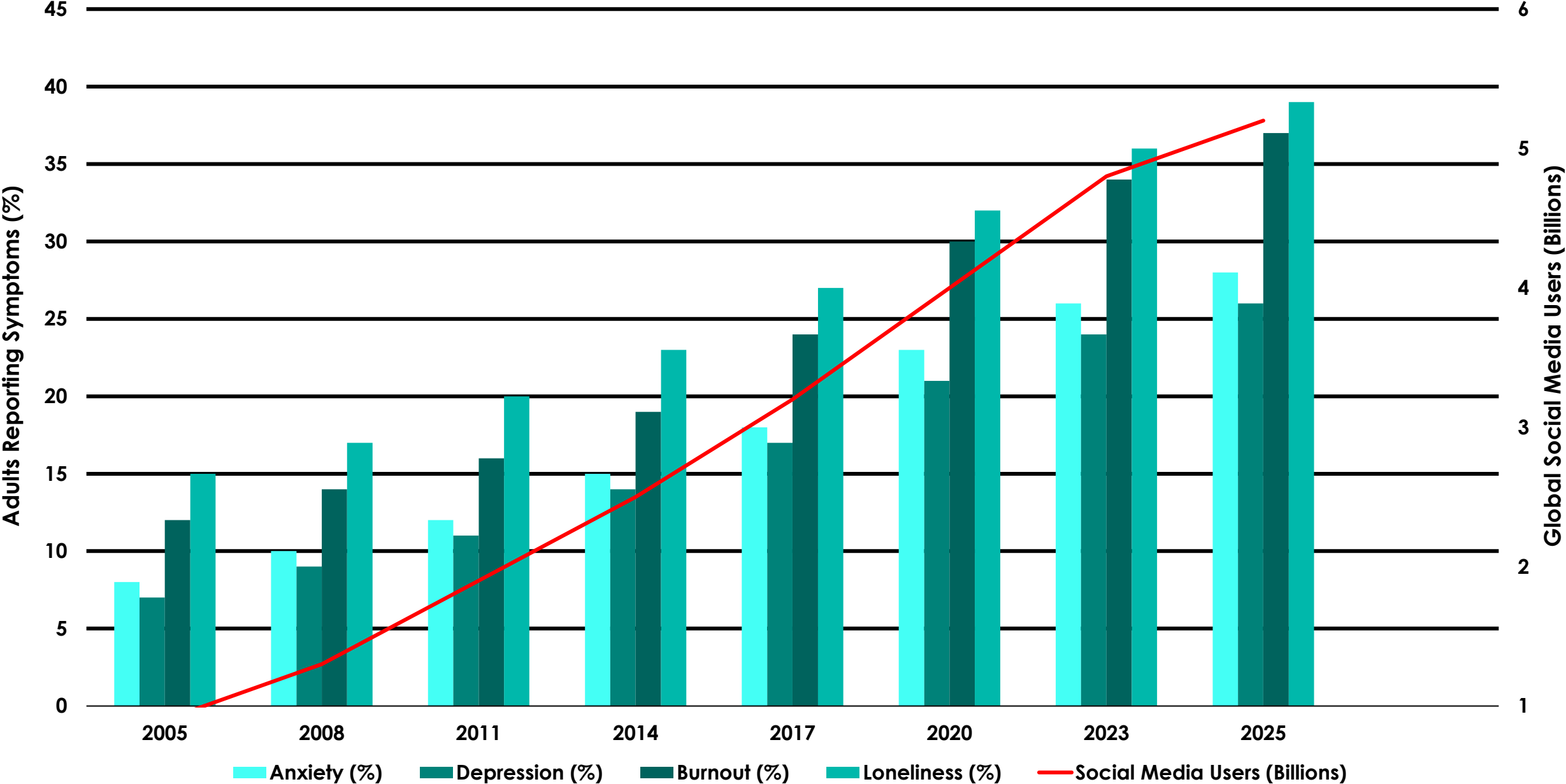
Social Media and
Mental Health

Loneliness Paradox

Cost of Loneliness

The Fix

Social Media and Mental Health



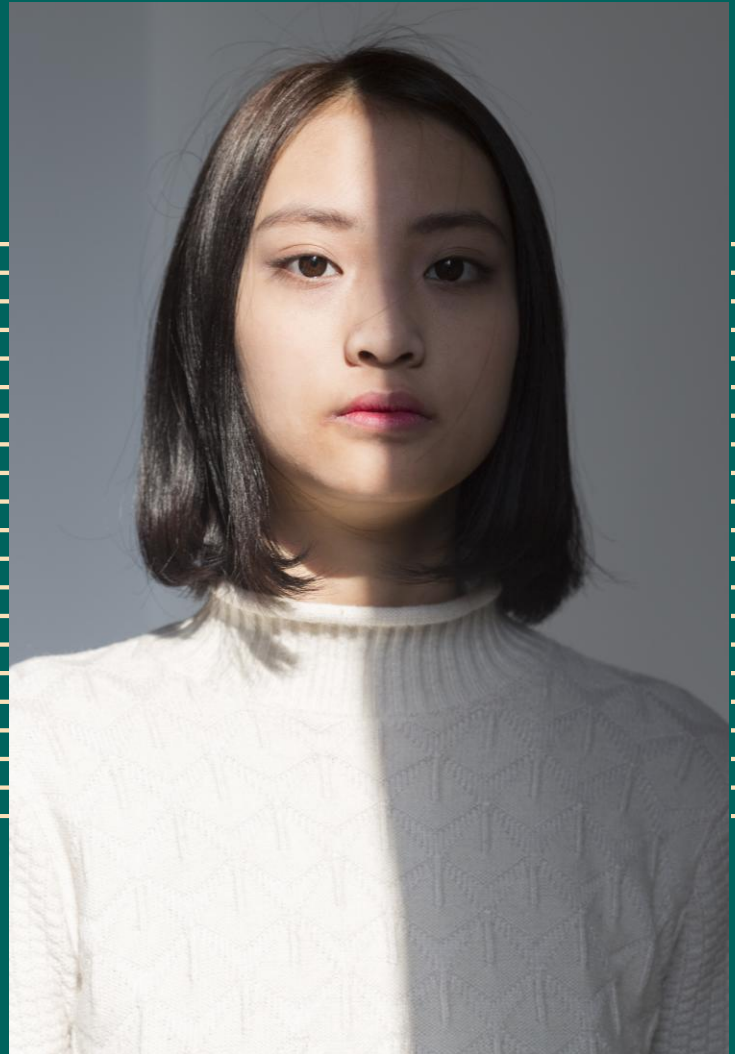
The Curse of Social Media

- Instant Gratification
- Information Overload
- Lowered Creativity
- Superficial Connections



“Loneliness is a feeling that speaks to our deep hunger to belong and be known.”

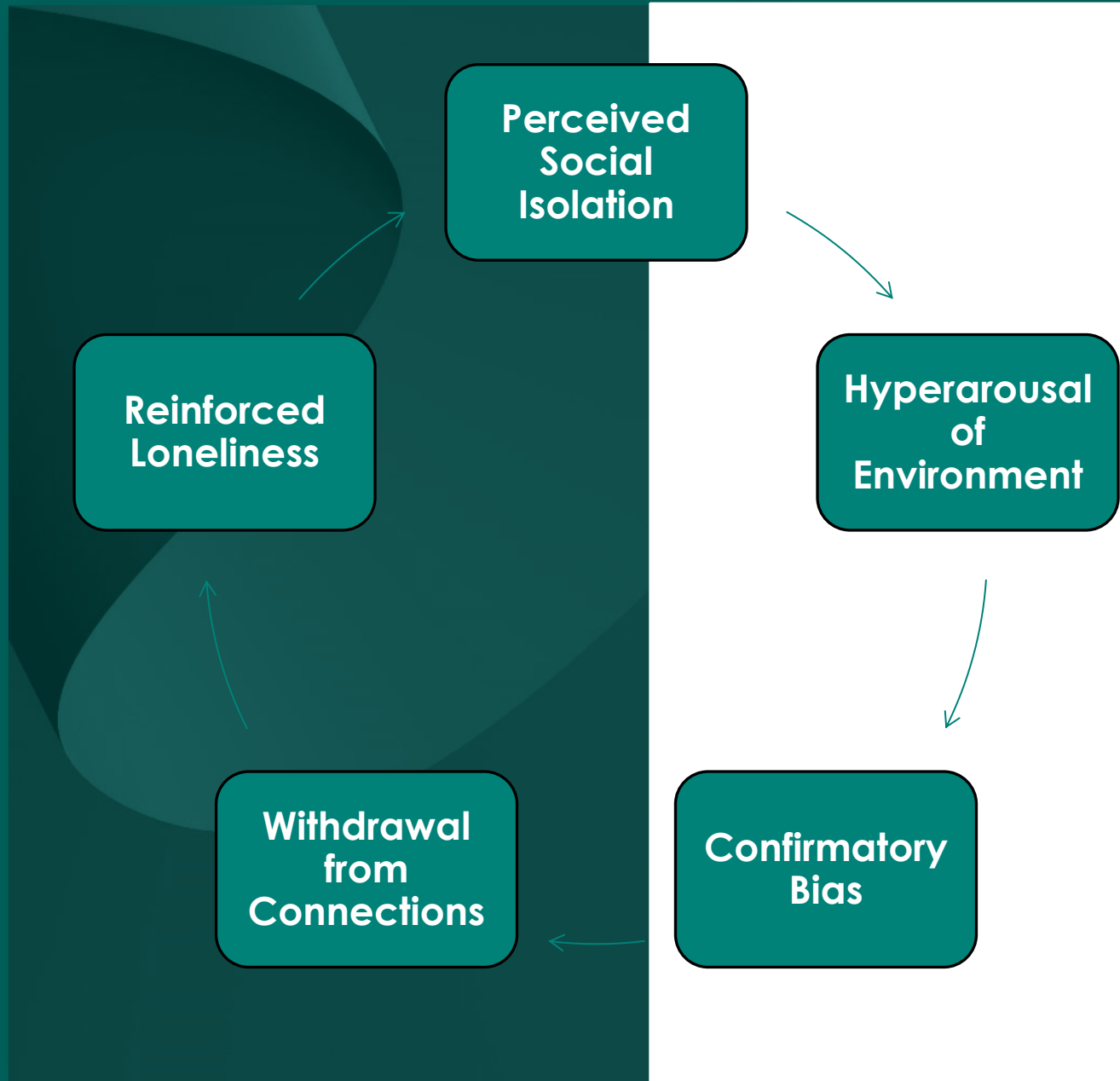
“Voice of the Heart” by Dr. Chip Dodd





Science of Loneliness

- Increased Amygdala Activation
- 29% higher risk of heart disease
- 32% higher risk of stroke
- Higher levels of inflammation in the body
- Decrease in brain volume in areas responsible for decision-making
- Brain reacts to social exclusion the same as physical pain
- Increased hormones: cortisol, dopamine
- Decreased hormones: serotonin, oxytocin, and natural opioid
- Increase in exhaustion, anxiety, stress, and paranoia



Loneliness Paradox:

Feeling socially isolated and disconnected despite being in a highly connected, digital world

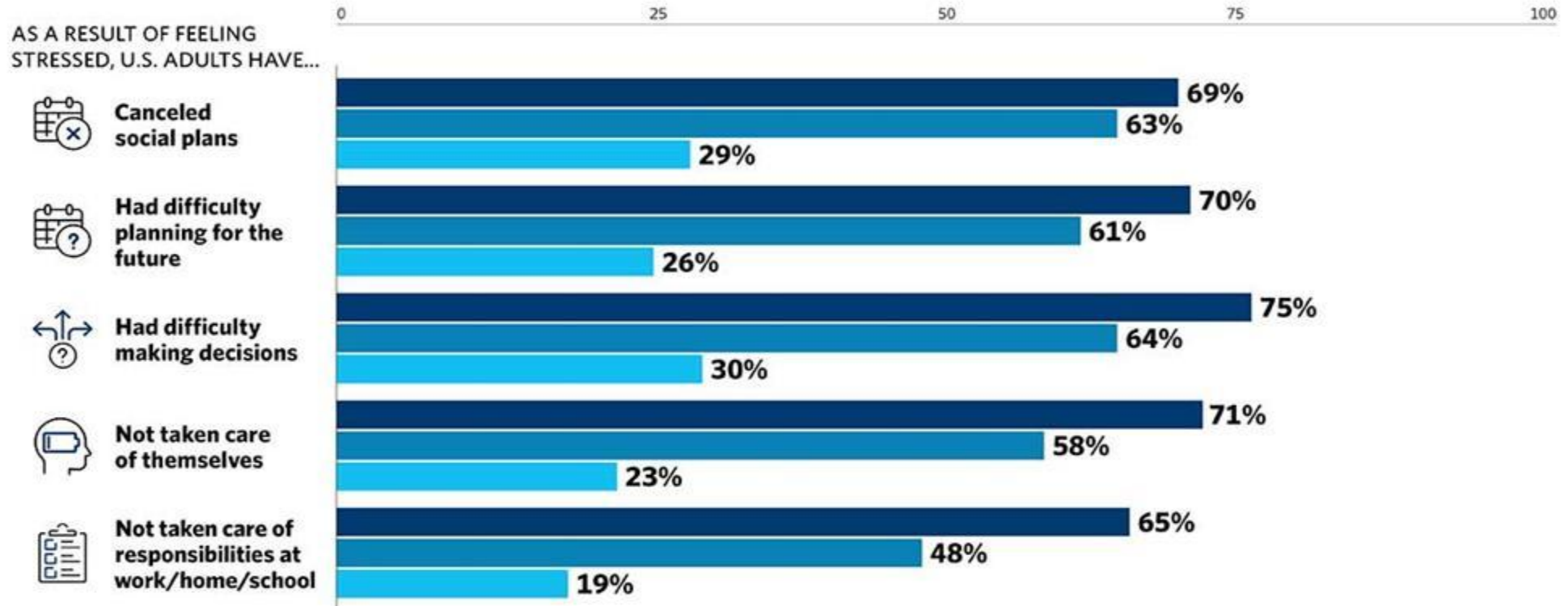
- **Emotional**
- **Social**
- **Existential**

Effects of Loneliness



Loneliness and unhealthy behaviors

■ High loneliness ■ Moderate loneliness ■ Low loneliness



The Fix?

RELATIONSHIPS

- Intentional Presence
- Connection Rituals
- Meaningful engagement
- Gratitude and Appreciation
- Create Purpose
- Celebrate Effort

1. CLARITY

2. CONSISTENCY

3. CONNECTION

4. CONTRIBUTION

ACTION PLAN

How are you going to be intentional with connection moving forward?

- Habit(s) to reduce?
- Boundary(ies) to implement?
- Culture shift to model?



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Thank You!

