
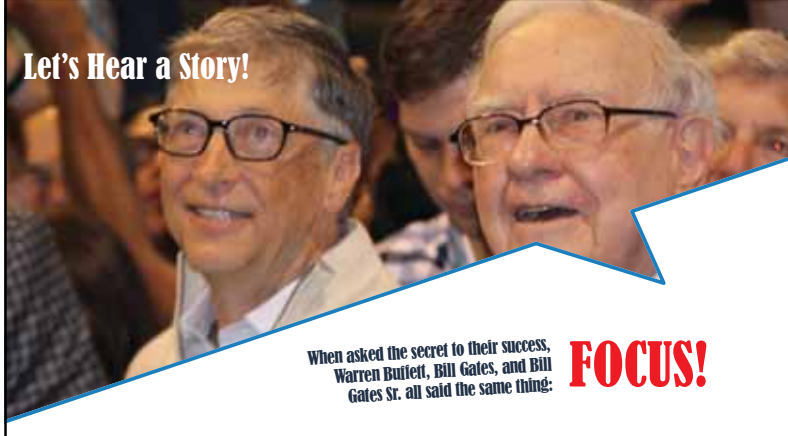


**Social Media?  
Social Dilemma?  
How Screen Kills Us!**



1


**Let's Hear a Story!**



When asked the secret to their success, Warren Buffett, Bill Gates, and Bill Gates Sr. all said the same thing: **FOCUS!**

2

**Am I Vulnerable? Yes, if I..**




- 01 Check FB notifications as soon as they come in
- 02 Have multiple chat windows open at all times
- 03 Open several FB tabs on browser to view more posts
- 04 Rarely log out of Facebook

3

**BEWARE OF  
THE BOOBYTRAP**


I am online only for entertainment!



4

## The Boobytrap


Computer & Education Journal study finds: There is a direct correlation between the **rise in daily internet use for entertainment** and the **increase in academic distraction**



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## Why Distraction is Dangerous?

Because of human's **limited** capacity to process information, distraction is **problematic**



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## How Social Media Distracts Us?



- Constant Addiction To Updates
- Focusing On The Wrong Tasks
- Inability To Concentrate After Being Distracted
- Wastes Time And Depletes Mental Energy

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**Mind you MIND!**  
Social Media and Mental Health

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### Social Media impacts lives!

**67%**  
Can't Sleep well!

**An US Study finds:**

- Changed behaviour: 53%
- 51% feel the changes are negative
- 67% reported difficulty relaxing and sleeping
- 55% feel "worried or uncomfortable" when they weren't able to log onto their social media accounts

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### Social Media impacts Brains!

**An US Study finds:**

- Flashing Mobile Screens develop fewer nerve cells in the parts of the brain that control learning and memory
- Children exposed to fast-paced images on a screen for 10 minutes performed worse in cognitive tests than children engaged in drawing.

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### Social Media: False Sense!

**False Sense of Connectivity**  
We see this false sense of connection a lot more within families and relationships, each person is on their own media device.

**Ally to Anxiety!**  
Social Media Poses Risks to People with Mental Health  
Issues like anxiety, depression, suicidal tendencies

**Social Comparison: Severe Count**  
Both downward and upward comparison are lethal

**Obsessive to Show Off**  
A dangerous tendencies, killing our lives

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### Let's Beat Social Media Distraction

- Set a GOAL:** What I am actually want to achieve in my day and life?
- Pick the Pattern:** Identify the spot, fix it and enjoy the time
- Don't Notice the Notification!** Switch the notification setting off
- Mind-blowing Morning:** Set a morning routine, steer clear of device

**Be Selective, limit App Use**

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## Let's Beat Social Media Distraction



- Try a Timebox:** A daily plan can be helpful
- Hello to Hobbies!** Pick a hobby other than using devices
- Social Media Detox!** Let's go back to the old days
- Fewer Frequent:** Just make the number of peeping less

Establish No-Tech Zone

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Let's Not Make the Social Media Successful  
Let's Make Ourselves Successful  
**Congratulations to All**

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