NAVIGATING DIGITAL FOOTPRINTS IN HIGHER EDUCATION: SELF CARE BEST PRACTICES & HEALTHY USE OF SOCIAL MEDIA

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MEET YOUR FACILITATORS

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AGENDA

- Issues with Self Care

- Social Media and Mental Health

- Overview of Algorithm

- Doomscrolling, Trolls, and FOMO (Oh My!)

- Impacts and tips by App Type

- Tips for Self Care

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SOCIAL MEDIA AND SELF CARE

- Social pressure
- App pressure
- App data presentation
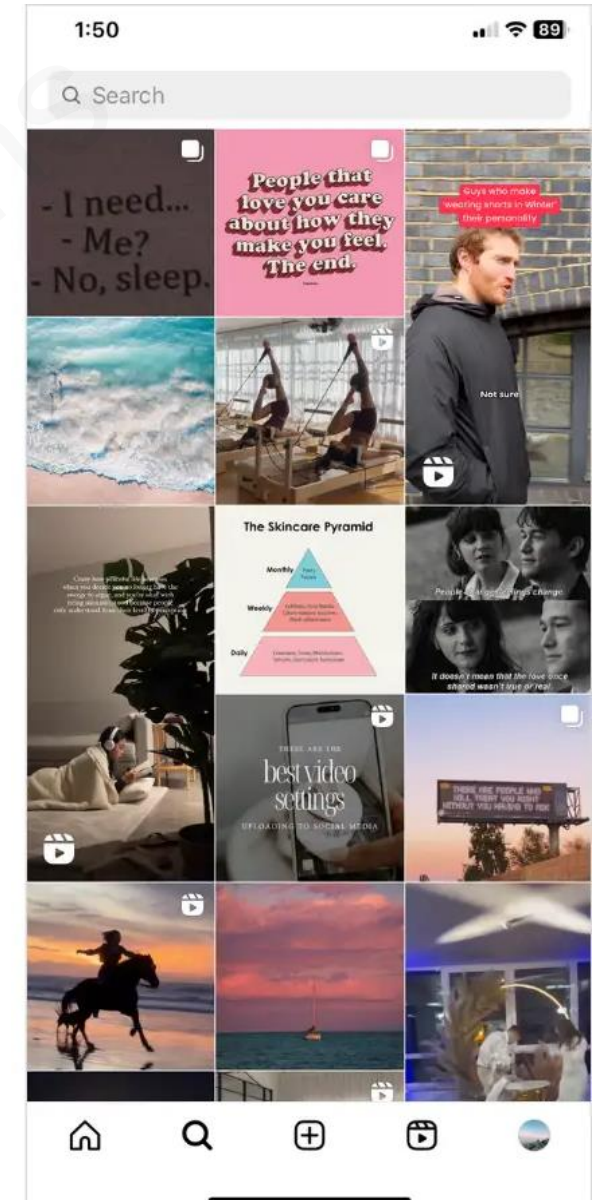
SOCIAL MEDIA AND MENTAL HEALTH

- 69% of adults and 81% of youth use social media
- Social media use is connected to the release of dopamine in the brain
- Social media use is tied to sleep interruptions
- Increased exposure to harm, social isolation, bullying, depressive symptoms
- Decrease in in-person interactions
- Cyberbullying can increase depressive and anxiety symptoms
- Those with depressive symptoms are often targeted

SOCIAL MEDIA AND MENTAL HEALTH

- Many users who experience mental health concerns turn to social media to share experiences or seek information and support

- Can increase engagement and retention in community support

- Can increase social interaction for those normally disengaged

ALGORITHM FUNCTIONALITY

- Algorithms are a set of "rules" or criteria designed by the app which determine the order and type of content that is shown to the app's Users via their Explore page, general feed, and stories.

- Social Media apps such as Instagram, Facebook, X, and TikTok have algorithms.

- Algorithms utilize:
    - User activity, interaction, and browsing
    - Content and account preferences and engagement
    - Content type (Videos, photos, etc)
    - Content quality
    - Newer content

USER ENGAGEMENT AND AUDIENCES

- As users engage with posts, the apps track use and engagement types and rates.
- Posts that have more comments, shares, and likes will be shown to a wider audience.

DOOMSCROLLING

Spending excessive time online scrolling through news or other content that makes one feel sad, anxious, angry, etc

TROLLS

Someone who leaves an intentionally annoying or offensive message on the internet, in order to upset someone or to get attention or cause trouble.

FEAR OF MISSING OUT

Fear of not being included in something (such as an interesting or enjoyable activity) that others are experiencing.

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COMMUNICATION APPS

Boundaries

Blocking

Hiding notifications

Impacts to mental health and self care

o Ease of access to others
o Unrealistic response expectations
o Depersonalized communication

POSTING APPS

Impacts to mental health and self care

- Unrealistic comparisons
- Feedback reinforcement
- Permanence of availability
- Trolls

Limit selfies – pictures of yourself to which you may compare with others

Create a separate account to review "negative" data, such as work-related content

After reviewing content that may cause distress, flood your search with positive content

Search Ideas: "Cozy", Baby Animals, Books, Affirmations, Funny videos and memes, "Ocean/Lake/Mountain"

DATING APPS

Reporting

Blocking

Limit Identifiable Information

Impacts to mental health and self care

- o Can lead to "expectations" that are not communicated, lead to unwarranted self blame
- o May be used by predators
- o May lead to doxxing those who are not "out"

ANONYMOUS APPS

Impacts to mental health and self care

- Untraceable "information"
- Promotes gossip and story spreading

Report immediate concerns to law enforcement

Delete from home screen

SELF CARE TIPS

- Self monitoring
  - Limiting to 10 minutes a day can reduce loneliness and depression
  - Self-awareness and monitoring, even without limitations, decreases anxiety and FOMO (Fear of Missing Out)
- Delete apps from your phone
- Recognize your own "online persona" and that others are doing the same
- Prioritize connecting with family and friends

THANK YOU!

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