



AFAM 2022

For Our Good

Social Media & Mental Health

Objective:

Participants will understand how social media habits can influence mental health

Overview

Discernment

*Finishing
Up*



Introductions

Survey

About us

Pull out your phones....

[https://
www.menti.com/
tnsfdm2qm9](https://www.menti.com/tnsfdm2qm9)



Results



Introductions

Survey

About us

About me...

About you...

- Share what generation you are from and your experience with social media.



Generations

Generation	Births from	Births until	Coming of age
The G.I. Generation – Greatest Generation	1900	1924	1918 - 1942
The Silent Generation – Lucky Few	1925	1945	1943 - 1963
The Baby Boom Generation – Baby Boomers	1946	1965	1964 - 1983
Generation X – Latchkey Kids	1966	1979	1984 - 1997
Generation Y – Millennials	1980	1994	1998 - 2012
Generation Z – Gen Next	1995	2016	2013 - 2034



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*What To
Look Out
For*

*What We
Know*



*What is
Social
Media?*

Does social
media cause
negative mental
health outcomes?

*Brain
Development*

*What is
Mental
Health?*

It depends...

*The
Goldilocks
Effect*



Social media consist of digital platforms that are interactive

Social media involves some level of participation from its users

On average, 70% of americans use social media, and this has been fairly constant over the past five years.

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What is Mental Health?



What is Mental Health?



*Getting through
struggles is a
spiritual battle*

Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these).

Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.



1 Peter 5:7

Cast all your anxiety on him because he cares for us.

John 16:33

In this world you will have trouble. But take heart!
I have overcome the world.

Matthew 11:28-30

Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.

St. Augustine prayed ...

“O God, thou created us in thy image and our hearts will be restless until they find their rest in Thee.”

*Mental Health is
the ability to:*

take responsibility for one's own actions
be flexible
high frustration tolerance,
acceptance of uncertainty,
involvement in activities of social interest,
courage to take risks,
serenity to accept the things we cannot change,
courage to change the things we can,
wisdom to know the difference, acceptance of
handicaps,
tempered self control,
harmonious relationships to self, others, including
nature and God



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The developing brain...



Brain development is a protracted process that begins during the prenatal period, then for 20 years or so into young adulthood.

The first few years of life are a particularly important period of development of the brain.

Infancy and early childhood are significant periods for brain development.

The individual is an agent that can shape his or her experience.

Why is brain development important to mental health?

Cognitive (thinking)

Communicative

Physical

Social/emotional

Behavioral

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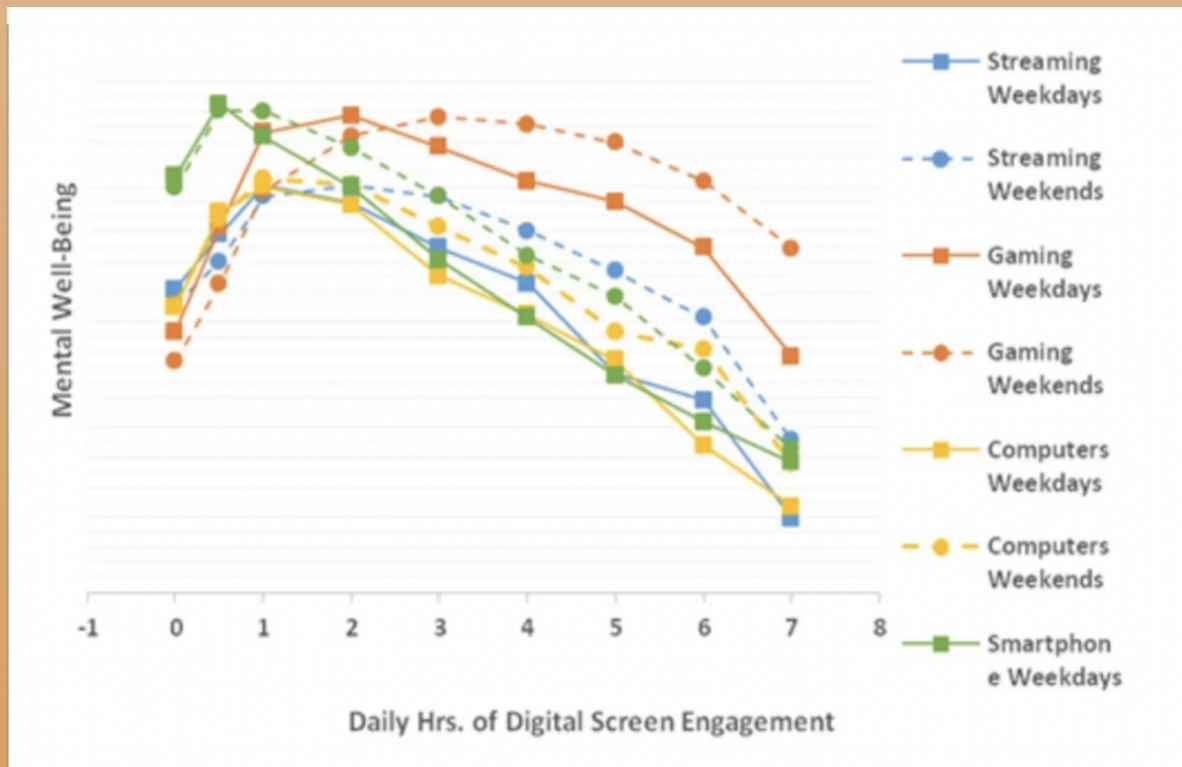
*The
Goldilocks
Effect*

The research says:

Mental health disorders have risen significantly over the past decade, with no corresponding increase in older adults, according to research published by the American Psychological Association.

More U.S. adolescents and young adults in the late 2010s, versus the mid-2000s, experienced serious psychological distress, major depression or suicidal thoughts, and more attempted suicide. These trends are weak or nonexistent among adults 26 years and over, suggesting a generational shift in mood disorders instead of an overall increase across all ages.

Also, children and adolescents who spent more time on screens slept fewer hours and were more likely to get insufficient sleep. (Twenge, J.M. et al.; 2019)



This graph suggests that screen time improves your mental well-being – but only up to a point (Credit: Andrew Przybylski)

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Remember *The individual is
an agent that can shape his or
her experience.*

What does the bible tell us
about shaping our own
experience?

Habits

Moderation

1 Corinthians 6:12

"I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything.

Galatians 5:13

For you were called to freedom, brothers. Only do not use your freedom as an opportunity for the flesh, but through love serve one another.

1 Peter 5:8

Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

Social & Emotional Benefits:

- Place for marginalized group to identify
- Connect with like minded peers quickly
- Fewer Feelings of Loneliness
- May bring people together over a long distance
- Community building tool
- Information sharing

Mental Health Problems for Relationships & Productivity Issues:

- Less real life interactions
- Constant comparing
- Cyber-bulling
- "Like" craving
- "Fake friend" dangers
- Being distracted

Some Pros & Cons of Social Media

The Issues

Addiction

Unhelpful comparisons

Jealousy

Substitute for social interactions

Cyberbullying

Detachment from family life

Secrecy, hiding

Fear of missing out (FOMO)

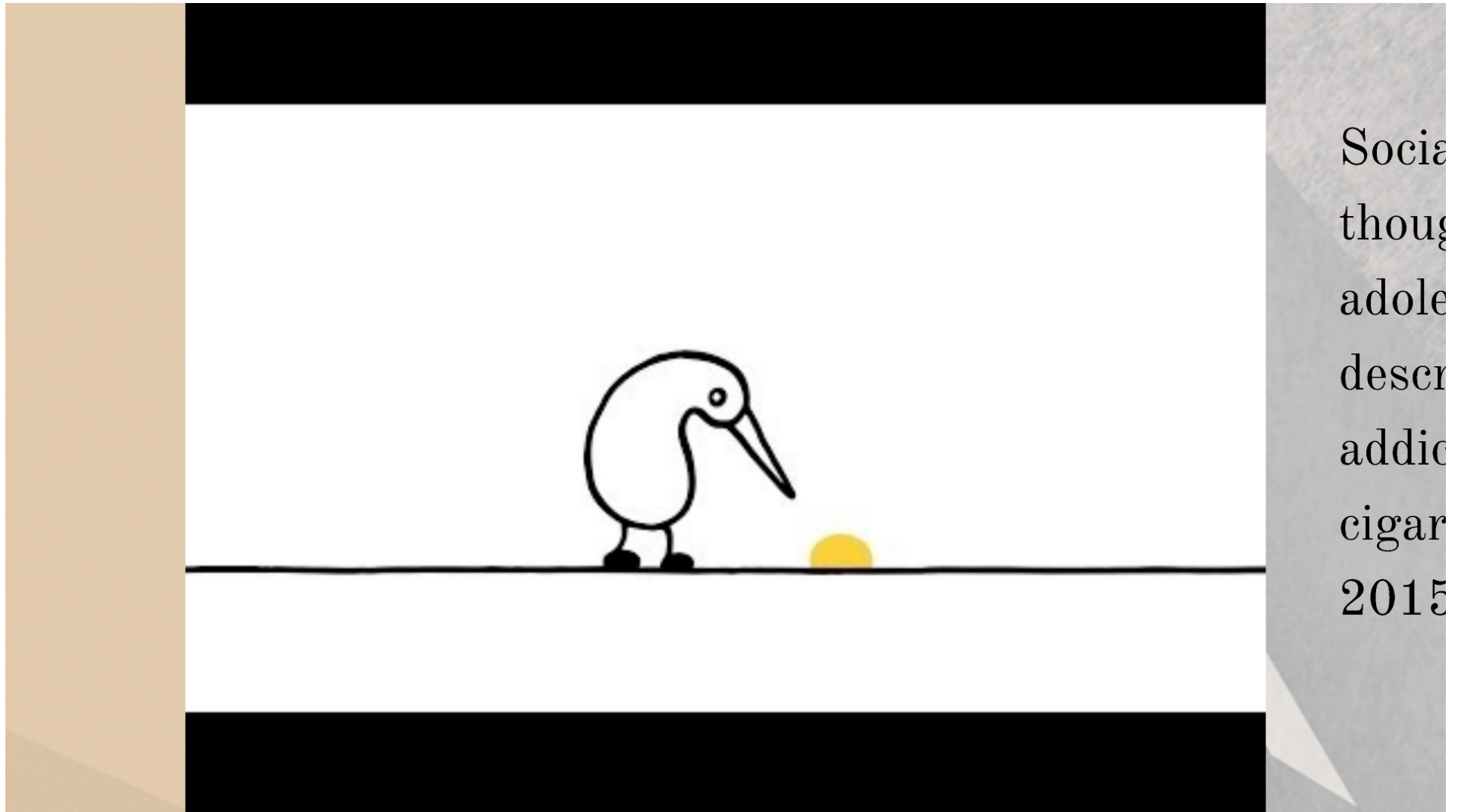
Danger for the curious

Unhealthy habits

Nuggets



Social Media Addiction is thought to affect around 5% of adolescents and has been described as potentially more addictive than both alcohol and cigarette consumption (Jenner, 2015; Hoffman et al.; 2012)



More dangerous than losing sleep...



MOM GOES UNDERCOVER AS 11-YEAR-OLD

"By my own volition."



**THE SOCIAL DILEMMA
YOU are the product**



Mystery Girl Radio

THE SOCIAL DILEMMA YOU are the product



Mystery Girl Radio

Quotes from ‘The Social Dilemma’

“If you’re not paying for the product, then you are the product” — Daniel Hövermann

“There are only two industries that call their customers “users”: illegal drugs and software.” — Edward Tufte

“We’re training and conditioning a whole new generation of people that when we are uncomfortable or lonely or uncertain or afraid we have a digital pacifier for ourselves that is kind of atrophying our own ability to deal with that.” — Tristan Harris, former design ethicist at Google and co-founder of Centre for Humane Technologies

Quotes from social media users:

Social media, "I find it very difficult to focus on myself because it was in general: a distraction."

"I had taken myself off of social media for 3-4 days and I found that I was miserable."

"I try not to get on before I go to sleep but before I know it, my phone is in my hand and I'm just scrolling and scrolling for hours."

Quotes from social media users:

Filters:

"...they make you look different, it makes me fight with myself."

"...if you have insecurity, it can make you more insecure in the real world."

"...are anti-Black- why are you helping me look more white, like with blue eyes."

Social - The way God made us...

Remember *The individual is
an agent that can shape his or
her experience.*

What can we do?

Social media, like anything else, is not a replacement for real time relationships with ourselves, others, or God.





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The background of the slide is composed of several overlapping geometric shapes and textures. On the left and right sides, there are vertical bands of light gray and dark gray textured material, possibly representing paper or fabric. The central area is a solid orange-brown color. The text is centered within this central area.

Questions?

Survey/Evaluation?

*Thank
You!*

Survey/Questions



Raushanah Jackson, MS, LMFT
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<https://www.surveymonkey.com/r/7WQDXG9>

The background of the slide is composed of several overlapping geometric shapes and textures. A large, solid orange rectangle occupies the central portion of the slide. To the left and right of this rectangle are vertical strips of a light gray, textured material, possibly paper or fabric. On the right side, there are additional geometric shapes in shades of gray and blue, creating a layered, architectural effect.

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