# "MANAGING THE MINEFIELD OF SOCIAL MEDIA FOR EATING DISORDERS"?

NATIONAL EATING DISORDERS CONFERENCE

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# OUTLINE OF THE WORKSHOP

- **Part 1**
- Our relationship with technology

- The technology evolution

- The interaction between technology and emotional wellbeing

- **Part 2**
- The role of technology in the development of eating disorders

# TECHNOLOGY: GOOD OR BAD?

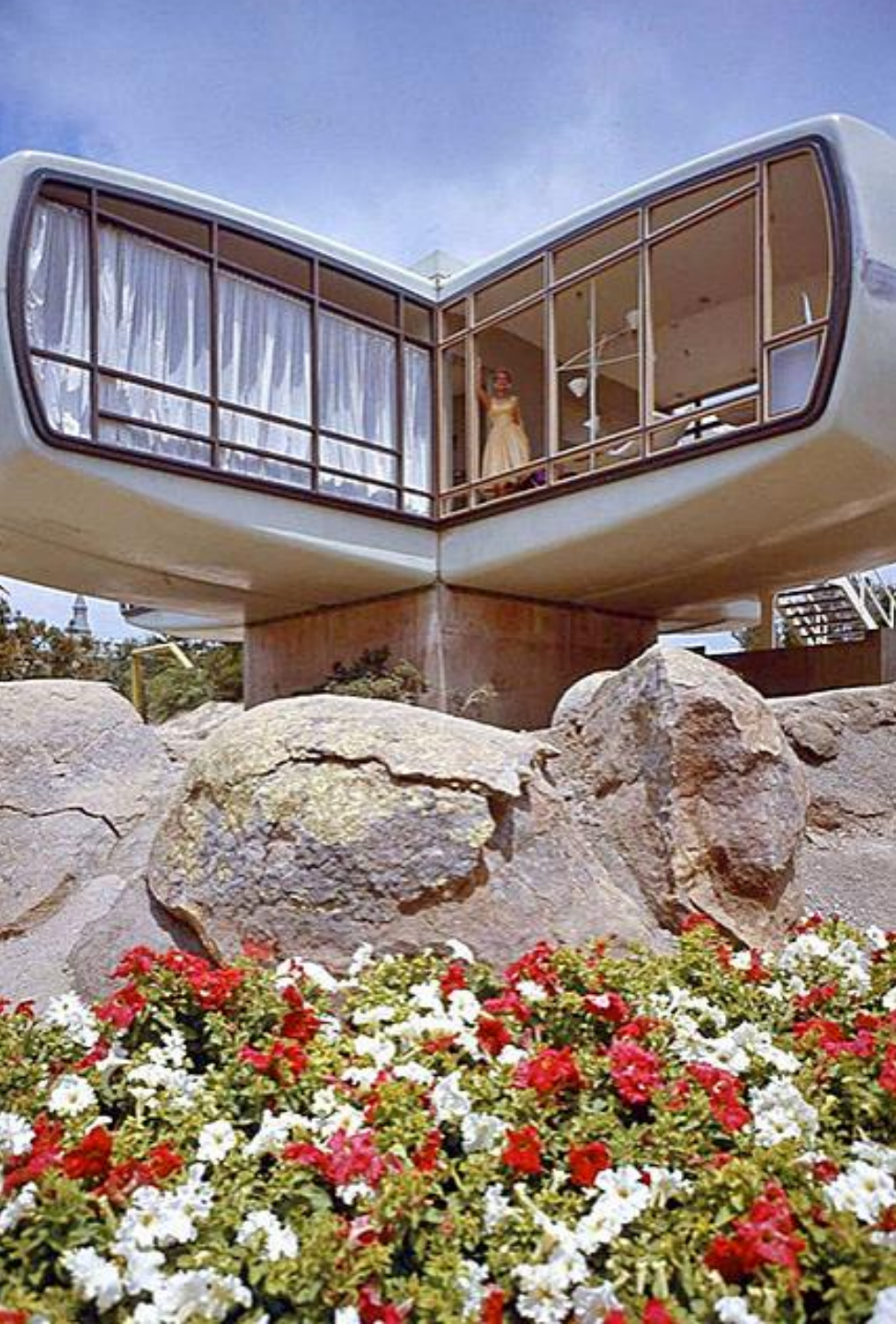The many advantages of technology

→

The ease, connectivity and intelligence of smart technologies are designed to make tasks easier, more efficient and less prone to human error.

→

However, many technologies involve human engagement, and many relationships involve human to machine contact and so the dynamics of this interface cannot be under or over estimated

# THE HISTORY OF OUR TECHNOLOGICAL RELATIONSHIPS AND THE DESIRE FOR THE REMOVAL OF LABOUR

**1**

In 1944, Fuller reconstructed 'The Dymaxion House'

**2**

The key feature of this futuristic house was that everything was at the touch of a button and automated and therefore aspiring for human engagement to become non-existent.

**3**

If the goal of technology was for humans to do less or nothing. Suggesting the removal of thinking and feeling. What impact does this have on our mental health?

# THE EPIDEMIC OF THE MILLENNIAL SNOWFLAKE

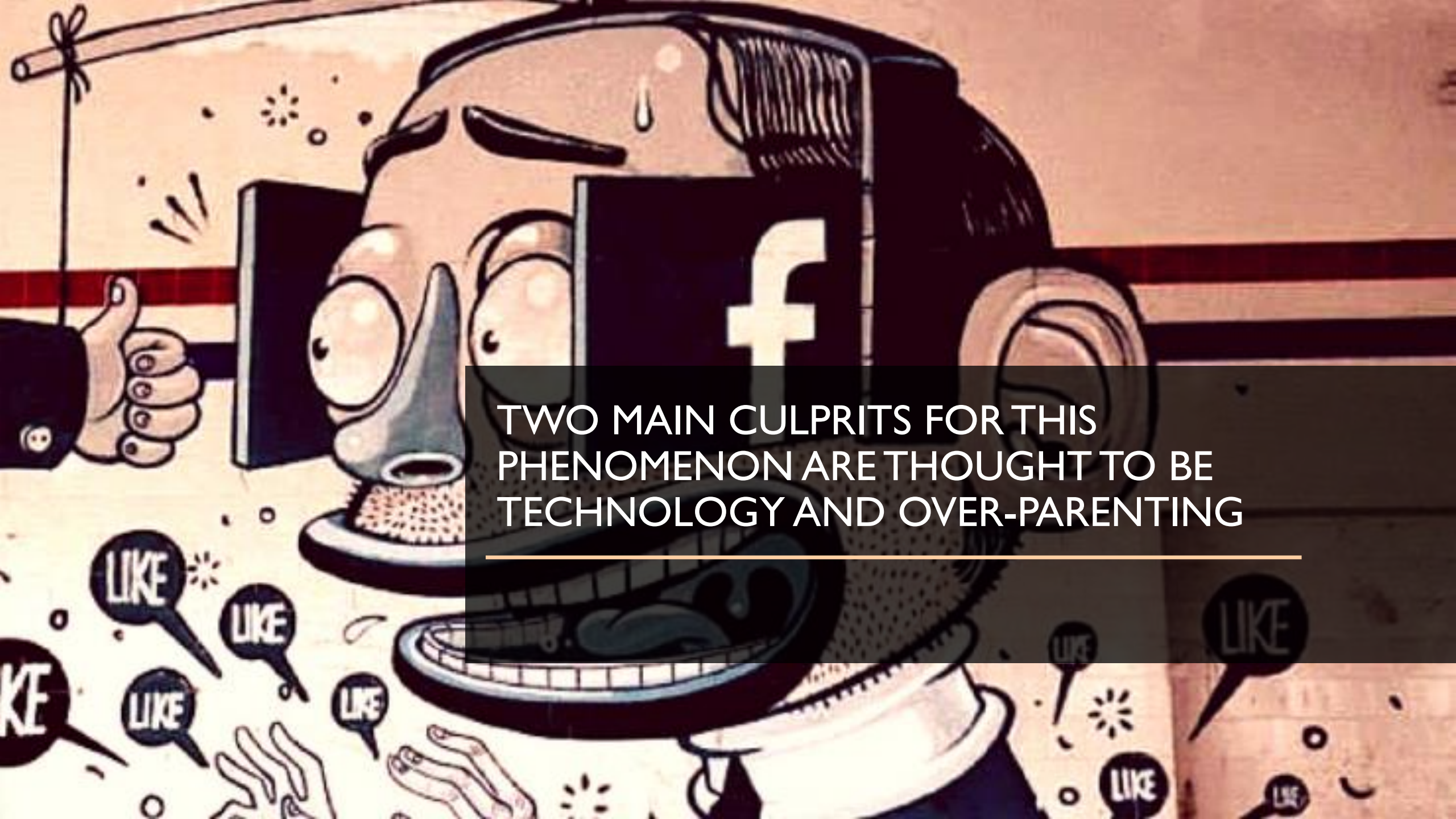**Stop whingeing, millennials, and look at the facts: you've never had it so good**

f share 🐦 in ✉️ 🔖 Save

**Welcome to the sensitive Snowflake Generation**

https://www.youtube.com/watch?v=BIpREvWtI70
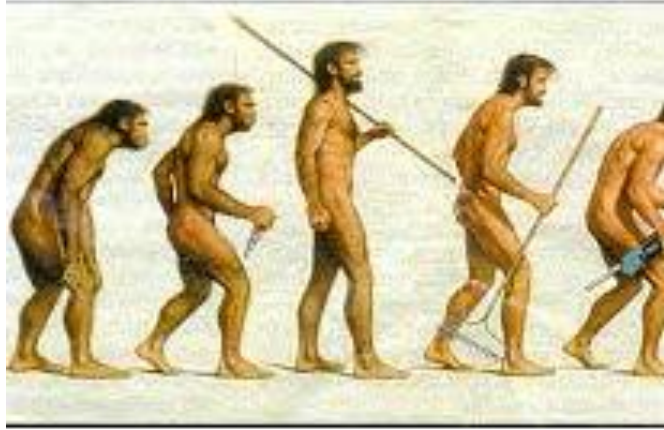
STUDENTS

f 🐦 ✉️ 🖨️ 💬 128

**Millennials Are More 'Generation Me' Than 'Generation We,' Study Finds**

TWO MAIN CULPRITS FOR THIS PHENOMENON ARE THOUGHT TO BE TECHNOLOGY AND OVER-PARENTING

# LET'S START AT THE BEGINNING

If its not one thing, its your mother

THE TASK OF PARENTING HAS BEEN MADE MUCH MORE CHALLENGING WITH THE ADVENT OF TECHNOLOGY AND EXPECTATION

# HOW TO BE A PARENT IN 2019

Make sure your child's

Academic, social, psychological, spiritual, physical and nutritional needs are met,

While being careful not to over-stimulate, under-stimulate, helicopter or neglect them,

In a screen-free, processed food free, negative-energy free, body positive, socially conscious, egalitarian yet authoritative environment

That nurtures but fosters independence, is gentle but not over-permissive

In a two-storey home, preferably in a cul de sac, with a back garden with 1.5 siblings, spaced evenly apart…..

Not forgetting the avocados and coconut oil….

# BEING A PARENT IN LITERALLY EVERY GENERATION PRIOR TO NOW

- Keep them safe and feed them sometimes

THIS IS THE GREATEST SOCIAL EXPERIMENT OF ALL TIME?

BUT IS IT ALSO THE GREATEST EMOTIONAL EXPERIMENT OF OUR TIME?

# ADULTS CAN CONSENT TO AN EXPERIMENT.

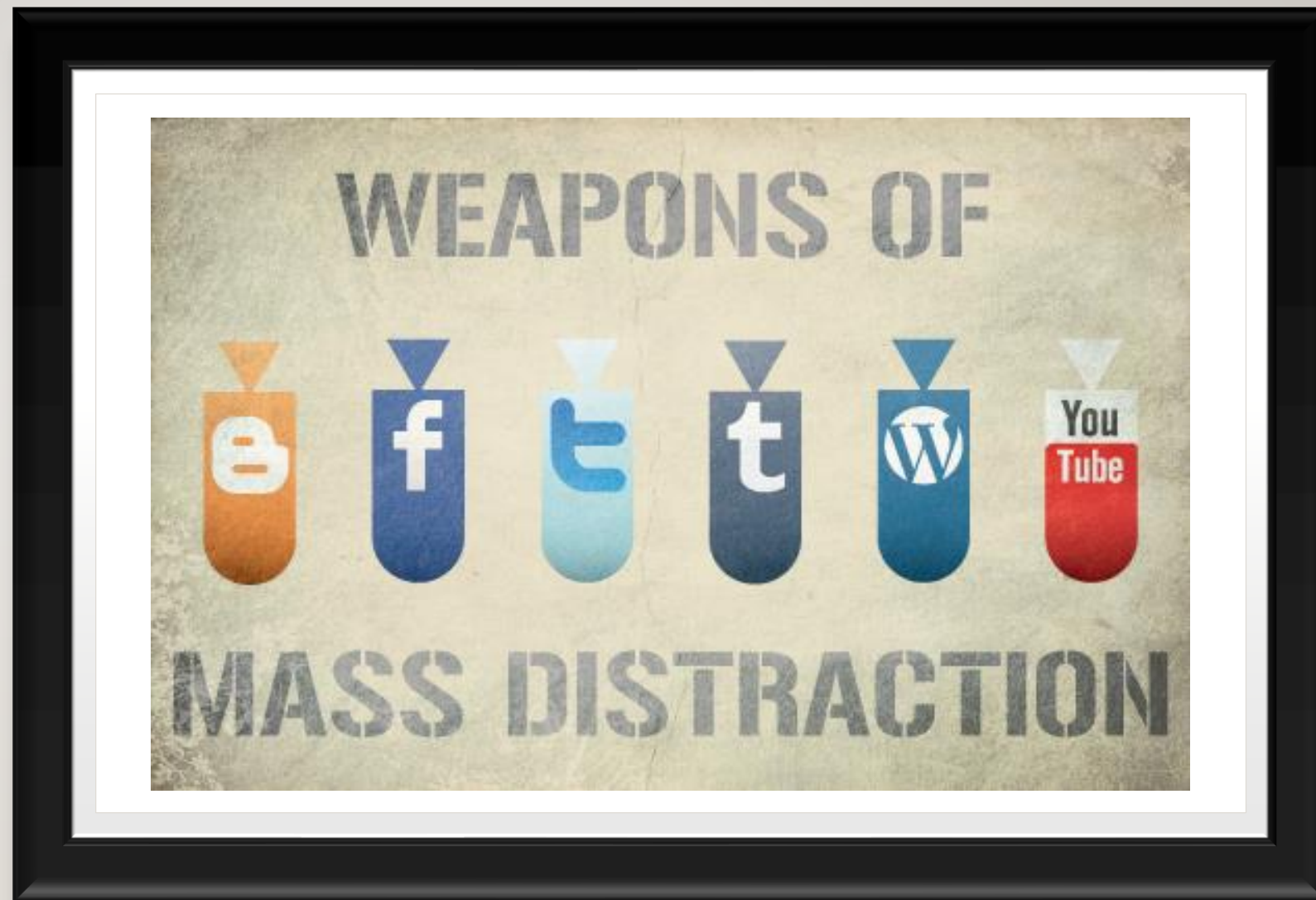CHILDREN AND YOUNG PEOPLE HAVE NOT!

# WHY WAS THIS IMPORTANT TO ME?

# THE PHONE

# THERE WERE TWO REGULATORS OF DESIRE




NOT ANGRY JUST DISAPPOINTED

NOW ACCESS IS UNLIMITED……

# EXPECTATIONS EXPERIMENT

- Drive for perfectionism

- A skewed notion of 'enough'

- A lack of a sense of 'self'

- Epidemic of anxiety

Happiness is a state of mind.

# EXPECTATION – REALITY =HAPPINESS

# WHY IS THIS HAPPENING?

WHAT IS DIFFERENT?

# COMPARATIVE CULTURE

- We no longer having to peek through the net curtains to see how the Jones's are getting on…

- Constant exposure to the show-reel of other's lives

- The weekly school reunion phenomena

- Human tendency to focus on deficit

# THE TYRANNY OF CHOICE

- More options do not reduce anxiety, they create it.

- Because the risk of making the 'wrong choices' is increased.

- This fuels perfectionism and rumination.

- Knowledge of other's choices also create uncertainty

# THE ILLUSION OF CONTROL

Myth

- The more time I have to prepare the better I will perform

- The more drafts I can write, the better this text will sound

Reality

- The pressure of having 'no excuse'

- The rumination of preparation

- The endlessness of improvement

Healthy striving is self-focused: "How can I improve?" Perfectionism is other-focused: "What will they think?

# THE 'ON DEMAND' CULTURE

- Sold an idea of 'On Demand' happiness

- No 'Learning to wait'

- No regulation of desire

# DELAYING GRATIFICATION AND DESIRE

HTTPS://WWW.YOUTUBE.COM/WATCH?V=QX_OY9614HQ

# PERHAPS IT IS NOT BAD TECHNOLOGY, BUT MAYBE IT IS MERELY BAD USAGE?

- The relationship with social media is described as excessive, dependant, addictive and obsessive.

- These are descriptions of poor relationships as opposed to poor technology

- Why do we have such an immature relationship with a technological platform that is an entry point to the global village of the world?

# THE PRE-FIGURATIVE SOCIETY

**01**

This has never happened before…

**02**

The technological space is the only point in time where the young have taught the old.

**03**

This is crucial to our understanding of how we develop relationships with these technological platforms

FROM A MENTAL WELLBEING POINT OF VIEW WE NEED TO CONSIDER THE REGULATION OF HUMAN DESIRE.

WE OFTEN DESIRE WHAT IS NOT GOOD FOR US

# BUT MAYBE ITS NOT JUST GOOD AND BAD THINGS

MAYBE ITS GOOD AND BAD AMOUNTS OF THINGS?

## SO THEREFORE THE ADULTS IN THE ROOM SHOULD GET INVOLVED?

- There is an argument is to enforce regulation and prohibition to unsavoury material.

- However, content regulation may be not the answer. If we removed all of the inappropriate material off the internet, we would still have the person who spends 9 hours a day watching cats on skateboards on YouTube.

- So what if it is not about regulating internet content, but instead regulating human desire?

# TIME SPENT VERSUS TIME WELL SPENT

- We need to move away from screen-time as the indicator for wellbeing

- We need to move toward endorsing a 'Time Well Spent' model of technology use instead.

- Why is regulating desire so hard?

# THE ARMS RACE FOR OUR ATTENTION

# REGULATION OF THE TECHNOLOGY

- Apart from inappropriate content, there is a need to self-regulate when it comes to our technology usage. Why?

- Technology companies depend on data to be successful.

- This is crucial to their business model.

- If there is no product, then you as user are the product.

- However, their use of data is not ethical or considerate.

- The algorithms that are used to analyse and disseminate data are both creatively impressive and rigidly crude.

# THERE IS NO ETHICAL RESPONSIBILITY CONNECTED TO THIS TOWN PLANNING INITIATIVE

THEREFORE A HANDFUL OF PEOPLE ARE GIVEN THE FREEDOM TO COERCE, MANIPULATE AND INFLUENCE HOW 2 BILLION PEOPLE BEHAVE AND FEEL
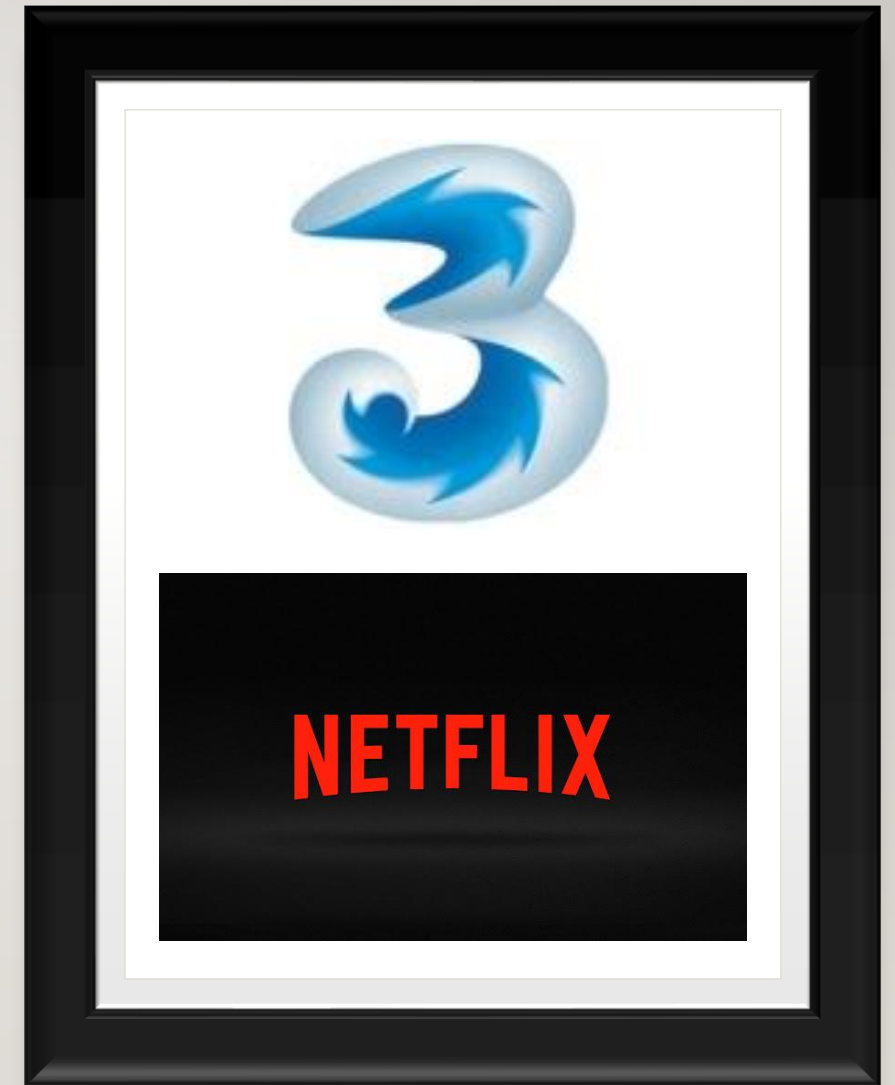
# STRATEGIES OF THE WEAPONS OF MASS DISTRACTION

- Auto-play the next video

- Variable reward systems/ collectibles

- Use of red icons and tones that are associated with importance

- Push notifications and manipulate feedback

- SnapChat Streaks

# IF REGULATION IS KEY….WHY DO WE HAVE THIS?

"Binge Watch"

"All you can eat Data"

# TECHNOLOGICAL MANIPULATION OF DESIRE

GIVE US WHAT WE WANT AND NOT WHAT WE NEED

# IF YOU WANT DOUGHNUTS, THESE PLATFORMS WILL GIVE YOU DOUGHNUTS

NO ONE IN THIS SPACE WILL TELL YOU THAT YOU HAVE HAD ENOUGH.

THEY ARE ONLY INTERESTED IN GIVING YOU WHAT YOU WANT, NOT WHAT YOU NEED

# THE SIDE EFFECTS OF THE STIMULATION OF DESIRE

- This distraction infused culture has emotional development ramifications.

- These devices are essentially anti-boredom devices.

- We are immersed in a world of external validators which are influencing our views of meaning, value and self-worth
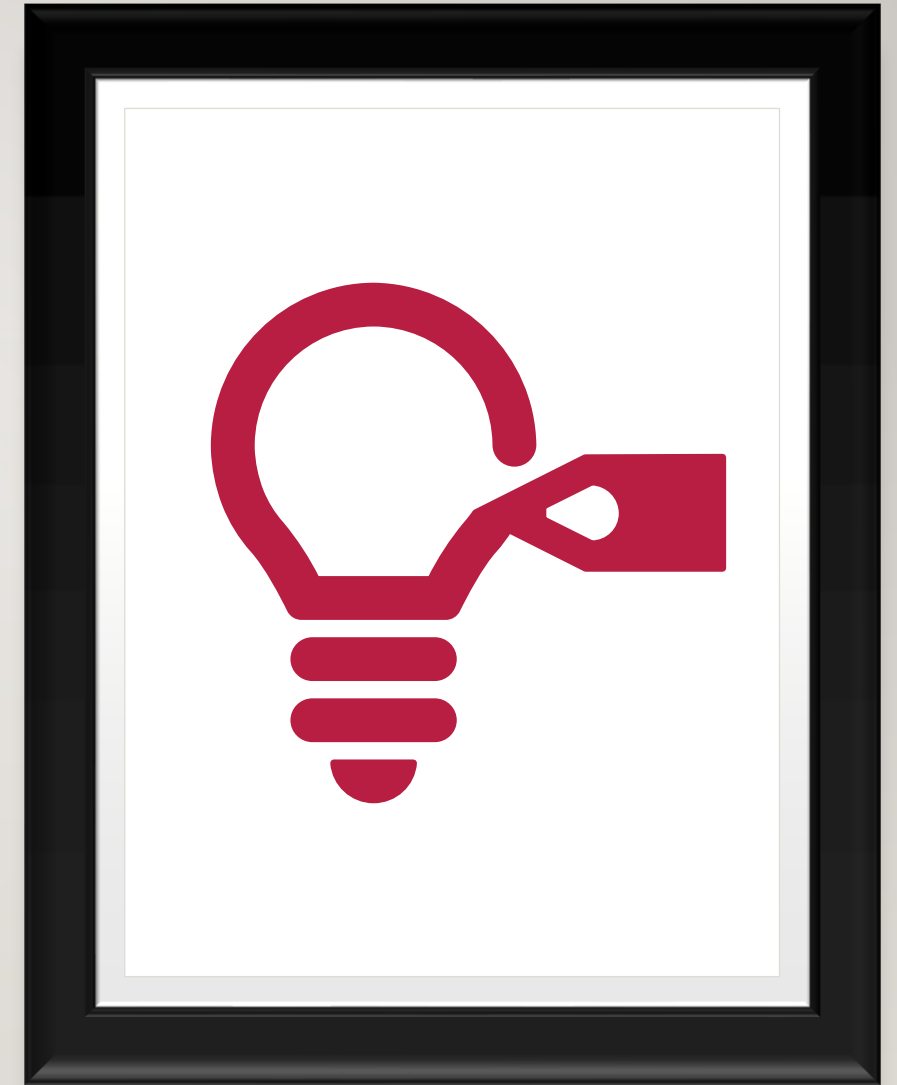
# SO WHAT?

- The anti-reflection culture.

- Mindfulness in response to mindlessness

- The 'Always On' is more than we are emotionally built to handle

- These influences impact on our sense of identity

# WHO HOLDS THE POWER OF INFLUENCE IF THE OBJECTIVE IS TIME ON SCREEN?

- The players in this space are those who are most popular, not those who are most well-informed.

- They are figureheads that garner attention as opposed to espousing truth.

- They tend to be controversialist and agitators as opposed to calm, informed realists.

- This can in turn agitate anxiety and outrage, as opposed to measured debate…

# SOMETHINGS POPULARITY IS NOT A MEASURE OF IT'S AUTHENTICITY

HAS THIS CAUSED US TO LOSE OUR SENSE OF MEANING AND TRUTH

# SO HOW DO WE FEND AGAINST THE DISTRACTION CULTURE?

- We need to learn to regulate our own desire.

- In order to do this we need to establish a good sense of self

- We need to invest in a sense of self, by means of determining our own values, priorities and meaning

- This is made so much harder in the digital deluge
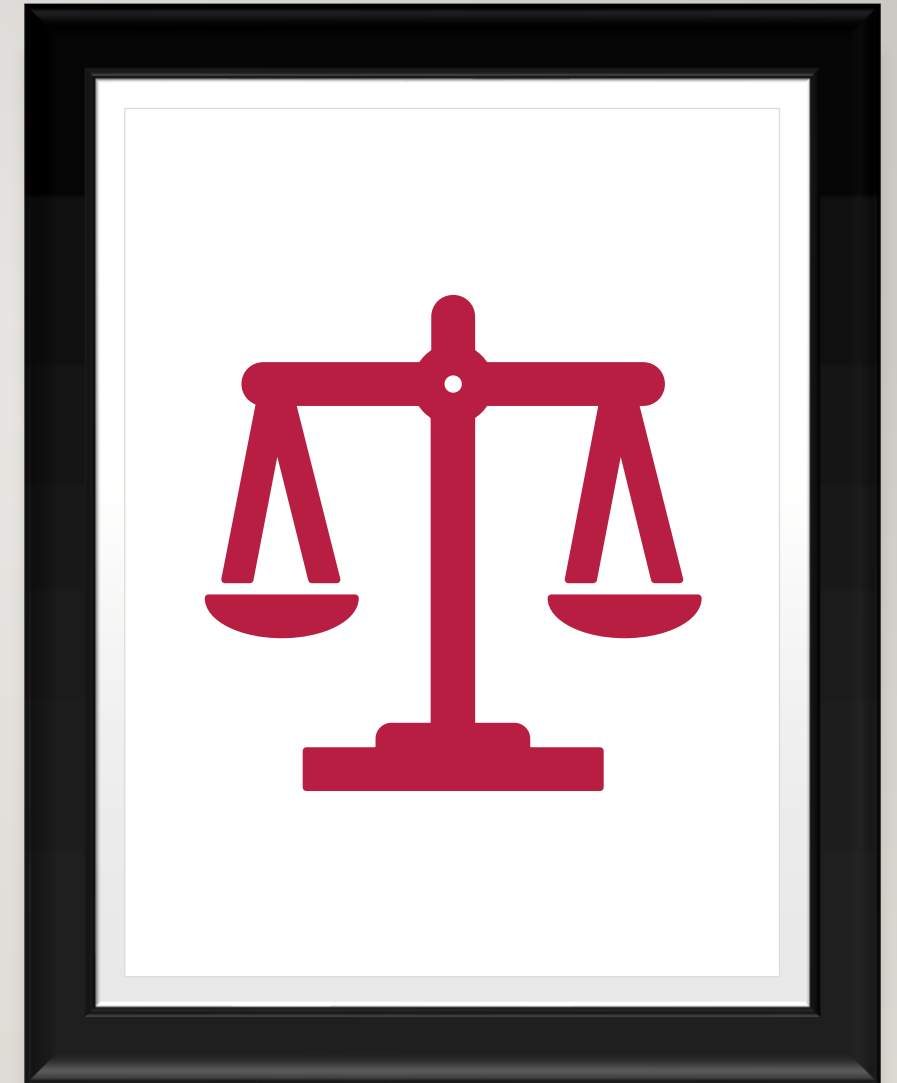
THE GOAL OF TECHNOLOGY IS THE REMOVAL OF LABOR AND INSTANT GRATIFICATION THEN IT FEEDS HUMAN DESIRE.

GRATIFICATION AND FULFILMENT ARE DIFFERENT.

HOWEVER WHAT IF THE MESSY AND UNPLEASANT TASK OF DELAYING GRATIFICATION AND REGULATING OUR DESIRE IS AN IMPORTANT EMOTIONALLY DEVELOPMENTAL SKILL?
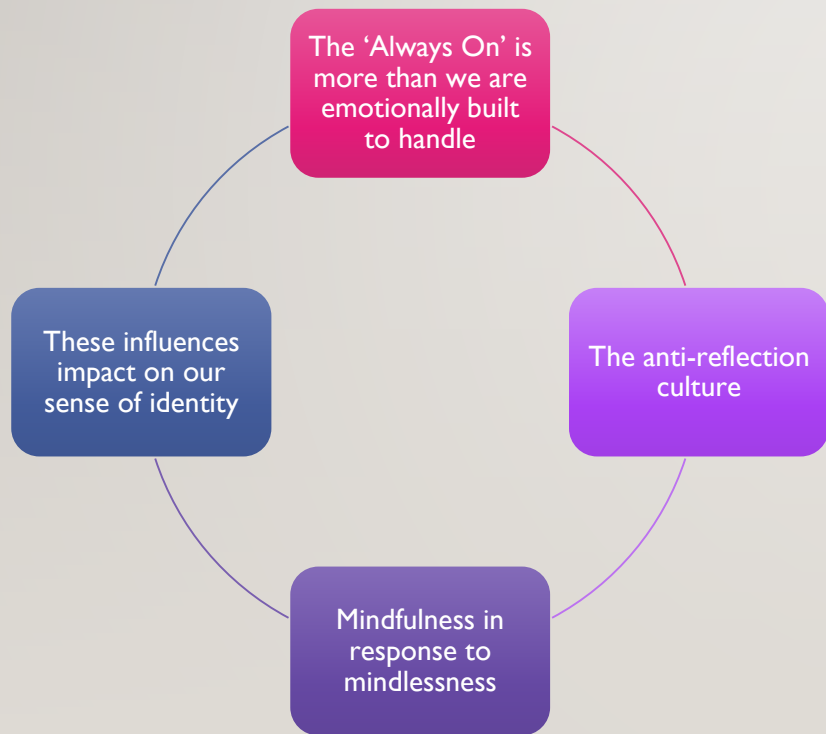
ARE WE MISSING A STEP?

## THE COMPLICATION OF EMOTION AND DESIRE

- In a contemporary climate of mental wellbeing we are repeatedly told that 'Its good to talk'

- We are told we are to be more emotionally expressive and we aspire to a time where men can cry and that open expression of our feelings is a measure of our bravery and strength

- However emotional expression must also be accompanied by emotional intelligence and here is maybe where we have again missed a step

# THE ERA OF THE MILLENNIAL SNOWFLAKE

- With an emphasis on emotional expression, the era of constant distraction and the constant agitation of our desire and vulnerability it is understandable that we have concerns about millennial resilience.

- However, we have a misunderstanding as to what nurtures or compromises our resilience.

# WHAT MAKES US VULNERABLE?

The 'Always On' is more than we are emotionally built to handle

The anti-reflection culture

Mindfulness in response to mindlessness

These influences impact on our sense of identity

Mind Full, or Mindful?

# IDENTITY AND A SENSE OF SELF

- A sense of self worth is crucially important to our mental wellbeing

- It creates a value system from which is core to giving us meaning and purpose in our lives

RESILIENCE IS NOT A TOUGHNESS THAT IS BORN OUT OF ADVERSITY, IT IS A RELATIONSHIP WITH ONESELF THAT CONTAINS SELF-BELIEF AND ACCURACY

# IDENTITY AND A SENSE OF SELF

- A sense of self worth is crucially important to our mental wellbeing

- It creates a value system from which is core to giving us meaning and purpose in our lives

# MARY, ANNE AND SOPHIE

# WHAT IS THE IMPACT OF THIS EVOLUTION

- The digital deluge has created a wave of influence that challenges our ability to be alone with ourselves.

- Without reflection and space to be with ourselves we never get to know ourselves.

- Not knowing ourselves leaves us open to feeling vulnerable and adversely impacts on our resilience

# WHO BENEFITS FROM OUR ANXIETY?

- Anxiety can be seen as a currency.

- When we are vulnerable we search more… when we search more we reveal more...

- Basically, anxiety creates desire and desire creates anxiety…..

# WHAT CAN WE DO?

We need to learn to regulate our own desire

We need to be critical consumers of technological desire

We need to acknowledge that technology is not neutral

We need to realign our value systems

# SOCIAL SNACKING



- The junk food of communication

- Needs to be moderated

- We manage treats for children and regulate their desire and teach them to make better choices

- Why not the same with technology

# ROLE MODELLING

- The permanency of online posting

- The fickleness of online validation

- The importance of expectation



"OK, DAD, BUT THIS IS THE LAST TIME I'M GOING TO SHOW YOU HOW TO SET THE PARENTAL CONTROLS."

# SAFETY AND SUPERVISION

- Start the online introduction tight and loosen as you go

- Teach consequences of poor online decision making

- Familiarise yourself with online platforms and apps
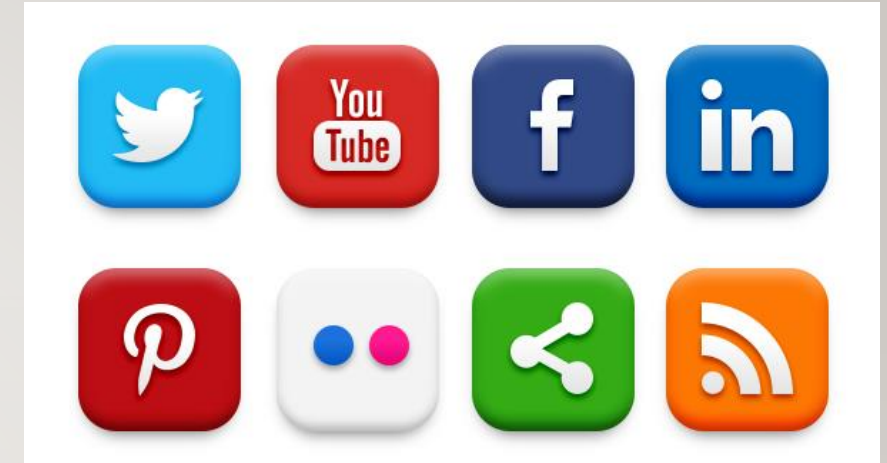
# 'VULNERABILITY HACKING', SOCIAL MEDIA AND EATING DISORDERS

# IMPACT OF MEDIA ON BODY IMAGE

- Research has obtained considerable evidence for how mass media effects thinness ideals and body dissatisfaction (Bell and Dittmar 2011).

- Studies show that exposure to thin-ideal media images increases dissatisfaction with our bodies (Homan et al. 2012).

# COMPLEXITY OF THE ROLE OF MEDIA IN EATING DISORDERS

- Western socialization encourages societies to self-objectify and internalize the value of outward appearance.

- Internalization of thin-idealized female beauty is a culturally stereotyped standard in contemporary Western media (Levine and Chapman 2011).

- But causal determinants of body image perceptions are complex, and media influences are just part of a host of interrelated psychological and normative processes

# SOCIALISATION & CULTURAL NORMS

- Girls as young as 3 years of age ascribe positive characteristics to thinner icons (Harriger et al. 2010).

- Self-objectification, the process by which girls come to view their bodies as objects to be looked at, is an important social learning factor (Fredrickson and Roberts 1997).

- This internalization of an observer's perspective can lead to body surveillance, which can produce body image disturbances, termed "normative discontent" (Erchull et al. 2013).

# THE QUESTION IS ALWAYS 'WHAT IS THE STRENGTH OF THIS EFFECT?'

MOST META-ANALYTIC STUDIES INDICATE THAT THE EFFECTS ARE MODEST; AND ARE LIKELY TO OPERATE IN CONCERT WITH INDIVIDUAL VULNERABILITIES (LEVINE AND CHAPMAN 2011)

THEREFORE, THE IMPACT OF INDIVIDUAL PREDISPOSING VULNERABILITY CHARACTERISTICS ON BODY DISSATISFACTION AND EATING DISORDERS CANNOT BE OVERLOOKED.

# APPLICABILITY OF RESEARCH TO SOCIAL MEDIA

- Most studies have focused on the effects of conventional mass media—magazines, TV and music videos on body image perception.

- But steep declines in magazine readership, and television viewing suggests that these are not the media that primarily exist in the contemporary world.

- The new medium for creating social norms is now online social media.

THE INTERACTIVE CONTENT OF SM SUGGESTS THAT IT CAN HAVE A MORE SIGNIFICANT INFLUENCE ON SOCIAL COMPARISONS, THEREBY CREATING UNHEALTHY NORMATIVE PROCESSES WHICH INFLUENCE USER'S BODY IMAGE CONCERNS.

# THE 'REACH' OF SOCIAL MEDIA

- Websites, and SMS allow for the rapid creation and sharing of user-generated messages, as well as instantaneous communication with other users (Sundar and Limperos 2013).

- A key distinguishing feature of internet technology is interactivity (Eveland 2003).

- Users are now producers as well as consumers of media, often simultaneously.

- Users can shape, customize and direct online interactions thereby appearing to enhance their autonomy, self-efficacy and personal agency (Sundar et al. 2013).

# THE SOCIAL MEDIA FACTOR

- SMS are more personal outlets because content can revolve around the self, illustrated by terms like '*You*'Tube, '*Self*'*ies*, and the '*I*'-phone).

- These interpersonally rich modalities offer graphic apps, videos and transformative multimedia cues that create a feeling of presence

- The 24/7 availability of SMS for viewing, content-creating, and editing allows for exponentially more opportunities for social comparison

- This powerful medium can transport individuals to psychologically involved domains that can manipulate belief and change attitudes (Barak 2007).

# THE SOCIAL MEDIA FACTOR

- The differences between conventional media and SM have important implications for body image concerns.

- The 24/7 availability of SMS for viewing, content-creating, and editing allows for exponentially more opportunities for social comparison and dysfunctional surveillance of disliked body parts.

- A simple Google search for the term 'weight loss' will yield 990,000,000 hits

# THE OBVIOUS AND THE INSIPID INFLUENCERS

## 'PRO-ANA SITES' AND 'HEALTH & WELLBEING INFLUENCERS'

# OBVIOUS INFLUENCE OF PRO-ANA SITES

- Pro-Anorexia (Pro-Ana) and Pro-Bulimia (Pro-Mia) websites explicitly promote anorexic and bulimic lifestyles (Levine and Chapman 2011)

- Images of thin female beauty dominate over 400 sites like *Thinspiration* (which often list one's weight alongside a 'before and after' weight-loss image).

- The iconic Kate Moss soundbite—"Nothing tastes as good as skinny feels"—exemplifies the ethos of the Pro-Ana site philosophy.

BUT HOW DO THESE SITES INFLUENCE USERS?

# INFLUENCE OF PRO-ANA SITES

Pro-Ana Sites usually contain 3 core themes

- Perfection (linking thinness with perfection);

- Transformation (claims that ED can help transform an individual from "hated and fat" to "desired and thin";

- Success (association of strength with one's ability to keep the weight off).

# THE POWER OF THE ECHO CHAMBER NARRATIVE

- A narrative is a symbolic coherent story with a setting, characters and conflict that offer a resolution to a social problem

*Thinspiration,* sites can be viewed as narratives, offering:

- Setting (a site featuring a sometimes-cult-like devotion to thinness ideals);

- Characters (the many young women who blog and post pictures share skinniness as a salvation);

- Conflict (they play on the theme of an internal psychological conflict with claims that their society does not understand their needs);

- Resolution (the celebration of emaciated girls who serve as role models for troubled users)

LESS OBVIOUS INFLUENCE OF THE INFLUENCER

# NARRATIVE TRANSPORTATION IN INFLUENCER SITES

- Narratives can transport individuals into worlds, where users become transfixed by the narrator's vision and become psychologically open to the world-view presented in the story (Green et al. 2004; Green and Dill 2013).

- Transportation is more likely where narratives feature characters with whom individuals can identify, a plot that can be mentally imagined and events that are relatable

- The more that influencer sites (a) promote identification,(b) are perceived as realistic, (c) contain rich imagery, and (d) elicit perceptions of similarity, the greater the likelihood they will impact more on body image perception

# SOCIAL MEDIA DOES NOT ACT IN ISOLATION

- Given the multifaceted nature of body image disturbance, it is unrealistic to expect that exposure to SM alone will exert a direct impact on body disturbance

- Simple exposure to online comparisons with thin attractive others will not automatically lead to body dissatisfaction in ALL adolescent girls.

- Research suggests that the combination of vulnerability and media thinness portrayals can exert influence which can result in serious psychological implications.

BUT DOES THE INTERACTIVE ALGORITHMIC REACH OF SOCIAL MEDIA MAKE NARRATIVE TRANSPORTATION MORE LIKELY?

# INTERFACE OF VULNERABILITY AND SM CONTENT

- Media effects involve a complex transaction between the content and what the individual brings in terms of needs, and personality factors (Valkenburg and Peter 2013).

- Only by formulating a clear hypotheses about which individuals are particularly susceptible to the effects of media are we then able to specify the conditions for "media effect"

- 'Media effect' involves "reciprocal transactions between the nature and context of the medium and the psychology of the perceiver,"

- These person/media intersections can sadly lay the foundations for self-defeating and self-perpetuating cycles of media engagement.

# WHAT CONSTITUTES VULNERABILITY?

- Low self-esteem, depression, perfectionism, the centrality of appearance as the currency for self-worth, place users at risk.

- These predisposing individual characteristics are known as "differential-susceptibility variables" (Valkenburg and Peter 2013).

- Social media gratification interacts with these predisposing individual factors to create attitudinal and behavioural outcomes.

- Psychological processes, such as social comparisons mediate the impact of social media uses on body image concerns
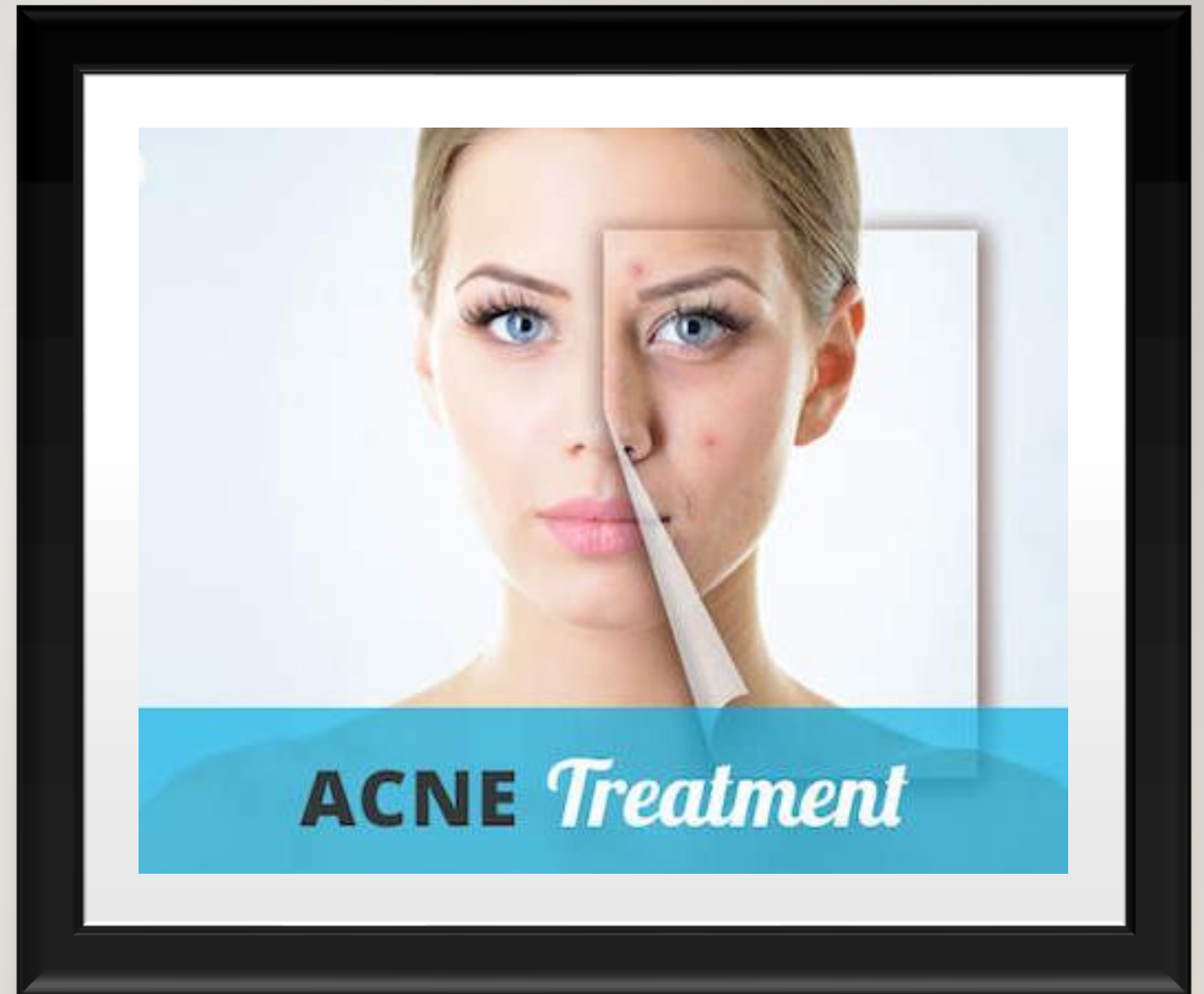
# SOCIAL COMPARISON THEORY

- SCT implies that people find it functional to compare themselves to others who are similar in attributes that are central to their definition of self (Wood and Taylor 1991).

- Intriguingly, upward social comparisons with attractive *peers* can actually lead to more negative self-attractiveness ratings than comparisons with attractive models, who are perceived as less similar and therefore a less diagnostic comparison group (Cash et al. 1983).

- The online environment is filled with pictures of peers and opportunities for social comparisons.

- Negative comparisons can be particularly likely when users do not acknowledge that their peer's photos have been digitally altered (Tiggemann et al. 2014).

# BUT WHICH COMES FIRST? COULD SM USE BE MAKING US FEEL MORE VULNERABLE?
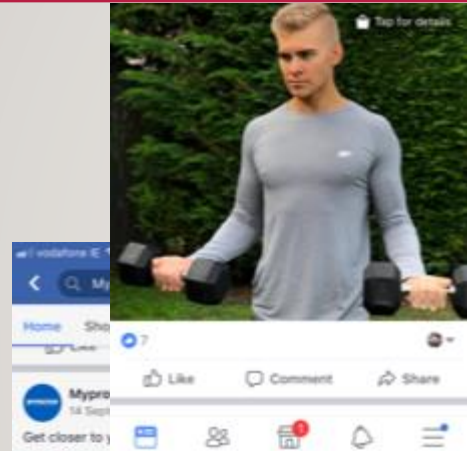
# VULNERABILITY AND SM MARKETING ALGORITHMS

- We often search for sensitive answers via an online search engine

- Search engines are designed with specific algorithms that collate this information to link us to further analogous information

- The goal of SM is Personalisation

- But this may not always be a good thing

# MY MOMENT OF WEAKNESS

# MY TIMELINE EVER SINCE……..

THE INTERNET OF THINGS

CONNECTION IS KEY:
ONLINE ALGORITHMS CAN MEDIATE OUR DESIRE AND MANIPULATE OUR EXPECTATIONS

# DISORDERED EATING ECHO CHAMBERS

USERS FREQUENTLY SELECTIVELY GRAVITATE TO CONTENT THEY ALREADY AGREE WITH, FIND APPEALING, BECAUSE THE CONTENT IS IN SYNC WITH THEIR ATTITUDES OR PERSONALITY-BASED PREFERENCES
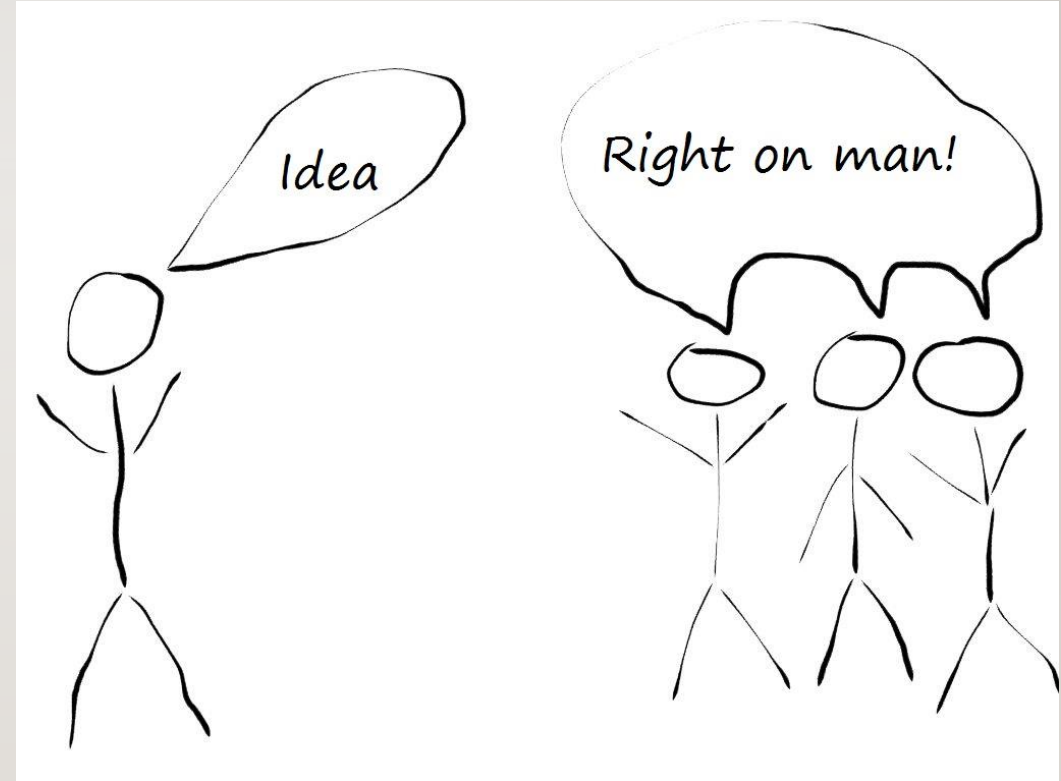
# ECHO CHAMBERS THAT CREATE SKEWED CULTURAL NORMS

- Park (2005) suggests that time spent on websites with similar content can bolster beliefs in the prevalence of thinness norms.

- Reinforcing unrealistic, dysfunctional body image ideals, leading to even greater body image disturbance, which in turn can exacerbate disordered eating
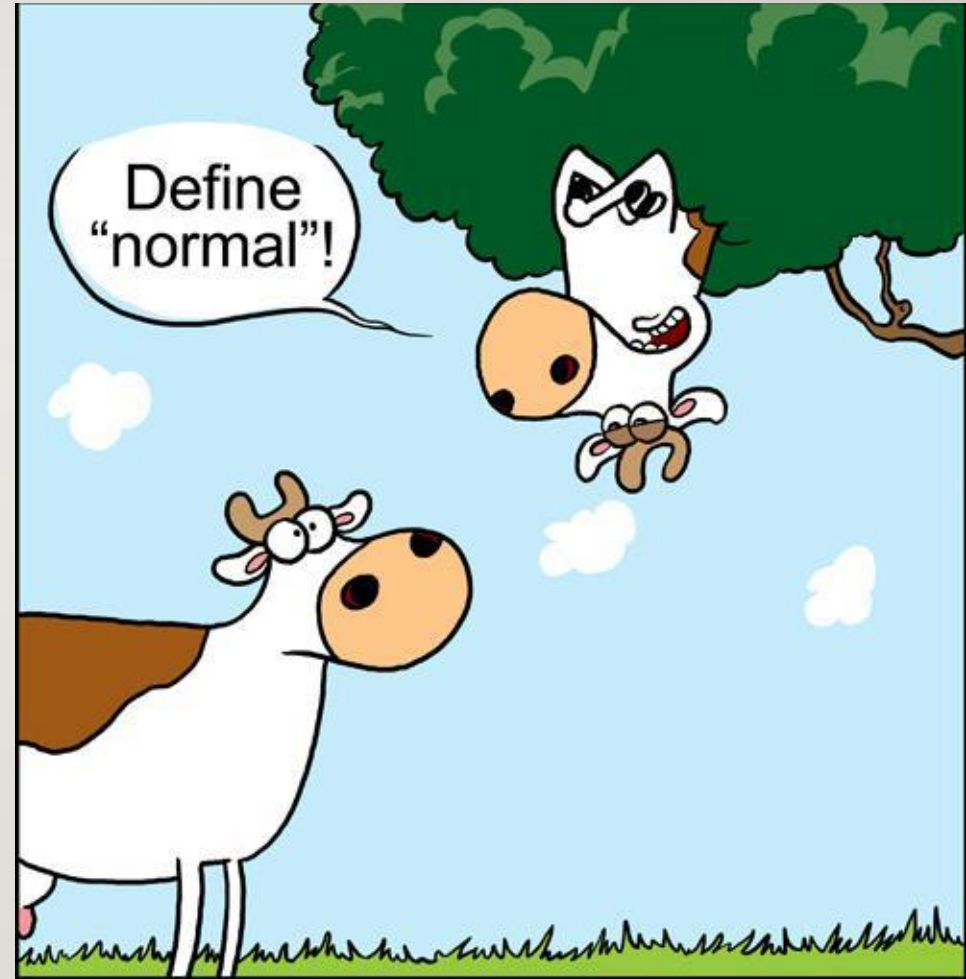
ALGORITHMS ARE DESIGNED TO HACK NOT ENHANCE

# THE FEEDBACK LOOP SPIRAL

Individuals who have these susceptibility characteristics gravitate to appearance-focused social media content, seeking particular gratifications, such as reassurance and validation.

These gratifications propel users to spend considerably more time on SM, triggering a host of psychological processes.

Continued use then leads to increased body dissatisfaction and negative affective reactions and so a feedback loop ensues.

Motivated all the more to alleviate the resultant negative affect the user seeks even more validation, thereby selectively exposing themselves to SM yet again.

# REINFORCING SPIRALS TOWARD VULNERABILITY

Perusing pictures of attractive and less attractive others, users engage in upward and downward comparisons and ruminate about parts of their bodies that make them look bad

This leaves them feeling unhappy about their bodies once again.

A "mutually reinforcing" relationship between exposure and body image concerns ensues, leading to "reinforcing spirals" of influence that strengthen and exacerbate the negative affective impact

# HOW SM INFLUENCES OUR CHOICE ARCHITECTURE

- The interactive features of SNS raise the possibilities of a host of cognitive and attitudinal effects.

- Users who are low in self-esteem and high in perfectionism and appearance-based self-worth can turn to social media to seek reassurance and validation regarding physical and social attractiveness, as well as to escape from appearance related personal distress.

- Reassurance needs can be satisfied by compulsively checking their profile pictures and spending considerable time comparing their Instagram pictures to those of less attractive friends

- These strategies try to satisfy psychological appearance-gratifying needs and convince users that they measure up to idealized others.
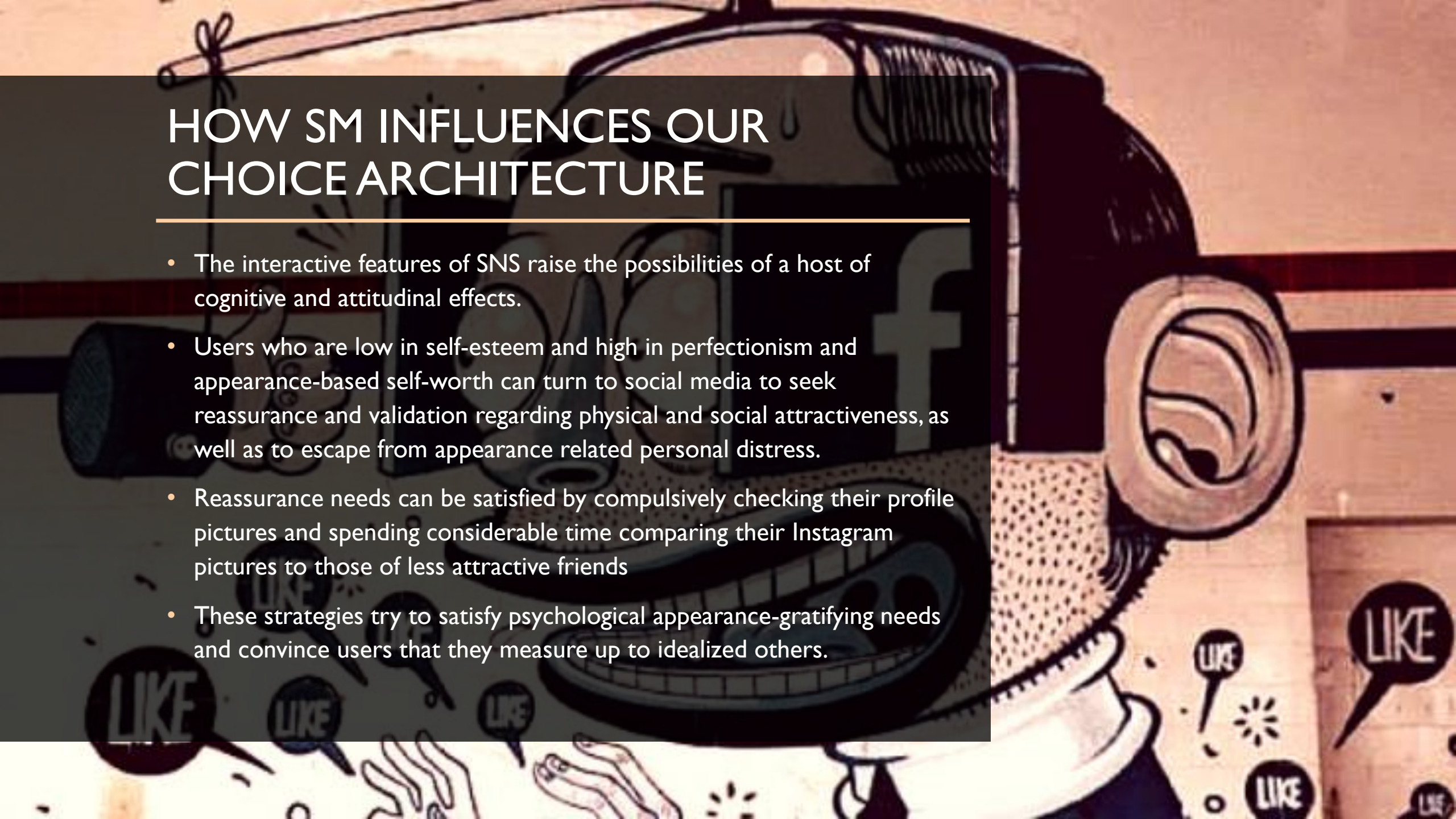
BUT BECAUSE ULTIMATE SATISFACTION OF THESE NEEDS TYPICALLY CANNOT COME EXTERNALLY, BUT INTERNALLY, THESE USERS CAN END UP FEELING DISAPPOINTED AND HURT.

# DOES THIS EFFECT MEN?

- Men also report how sociocultural factors (including media depictions) can influence body image concerns

- The male body ideal is more variable than the idealized female image, containing features of leanness, strength ("ripped") muscularity and height.

- Although much less is known about media effects on male body satisfaction, research has reported positive correlations between consumption of media and body dissatisfaction and the use of muscle-enhancing supplements (Levine and Chapman 2011).

- Experiments have uncovered that exposure to muscular media images can cause male participants to report less satisfaction with their bodies (Galioto and Crowther 2013),

# IS IT AGE/ ETHNIC IDENTITY SPECIFIC?

- Age brings maturity, suggesting both that SM effects will have less affective impact as users get older

- Research has found that ethnic identity can protect users, e.g. Latina women describe less harmful influences of exposure to thin-ideal media images than White women (Schooler and Daniels 2014)

- However, the proliferating effects of global SM suggest that SNS can penetrate cultures and nationalities previously immune from Western-style body image ideals.

- The introduction of television in Fiji caused women to view their bodies differently and to adopt more slender Western-style ideals of female beauty (Anderson-Fye 2011).

- Unfortunately, SM may convince young women (and men) from non-Western cultures to rethink their attitudes toward their bodies,

# WHAT IS THE IMPACT OF THIS EVOLUTION

- The technological 'Weapons of Mass Distraction' challenge our ability to be alone with ourselves.

- Without reflection and space to be with ourselves we never get to know ourselves.

- Not knowing ourselves leaves us open to feeling vulnerable

# THE MOST IMPORTANT RELATIONSHIP YOU WILL EVER FORM IN YOUR LIFE IS THE RELATIONSHIP YOU HAVE WITH YOURSELF

THE IMPACT OF DISTRACTION ON RESILIENCE AND VULNERABILITY

RESILIENCE IS NOT BORN OUT OF ADVERSITY AND TOUGH TIMES…
IT IS CREATED THROUGH A GOOD SENSE OF SELF THAT REFLECTS AUTHENTICITY AND ACCURACY

SM CAN DISTORT AND INTERFERE WITH OUR SENSE OF SELF

## WHAT CAN WE DO TO PROTECT YP FROM NEGATIVE SM INFLUENCE?

We need to learn to regulate our own desire

We need to be critical consumers of technology

We need to invest in developing a relationship with ourselves

We need to disconnect and realign our own value systems

# IS THIS ANOTHER FAD THAT WILL PASS?

# THE CONSENSUS OF THE GIVEN MOMENT

- I am trying to make friends outside of Facebook by applying the same principles. Everyday I walk down the street and tell passers-by what I have eaten, how I feel, what I did the night before a and what I will do later, and with whom. I show them pictures of my family, my dog and me gardening, standing in front of landmarks and having lunch. I also listen to their conversations and give them the "thumbs up" and tell them I like them. And it works! I already have four people following me, 3 Garda and a psychiatrist.

JAR OF STONES
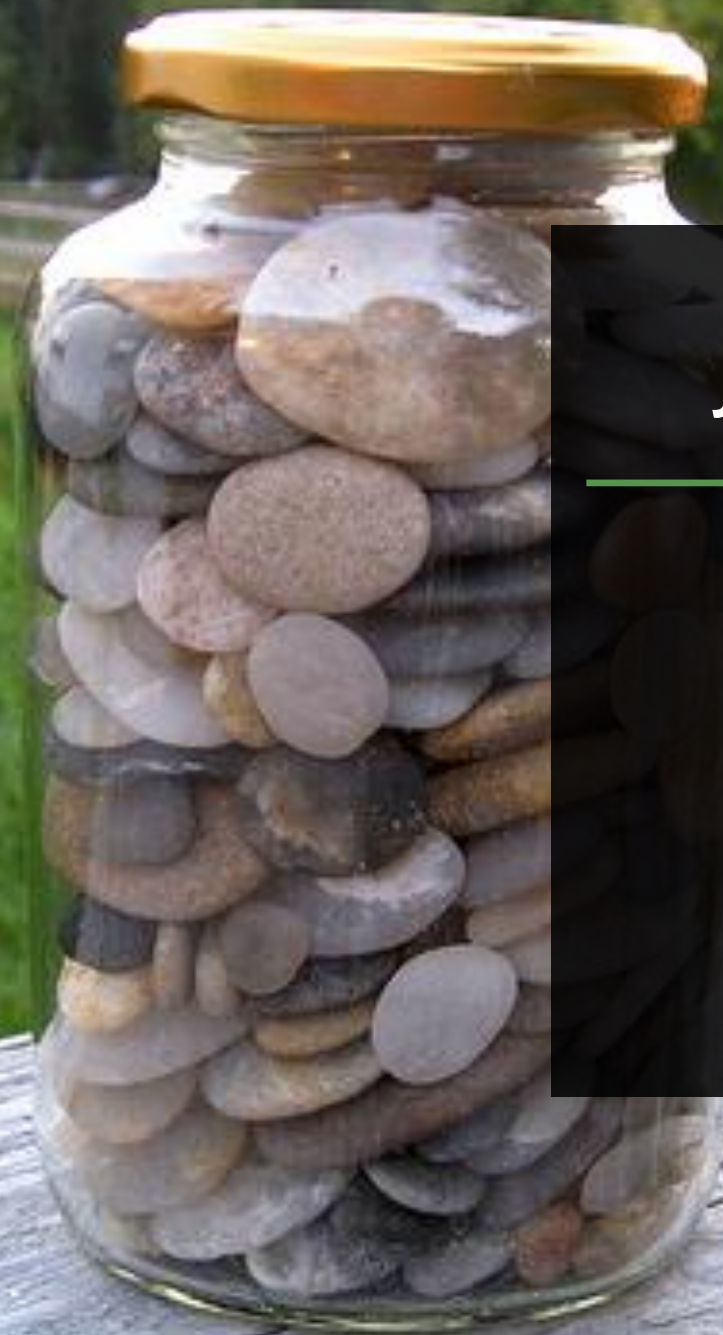
THANK YOU

# THE MIRROR OF DESIRE

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