

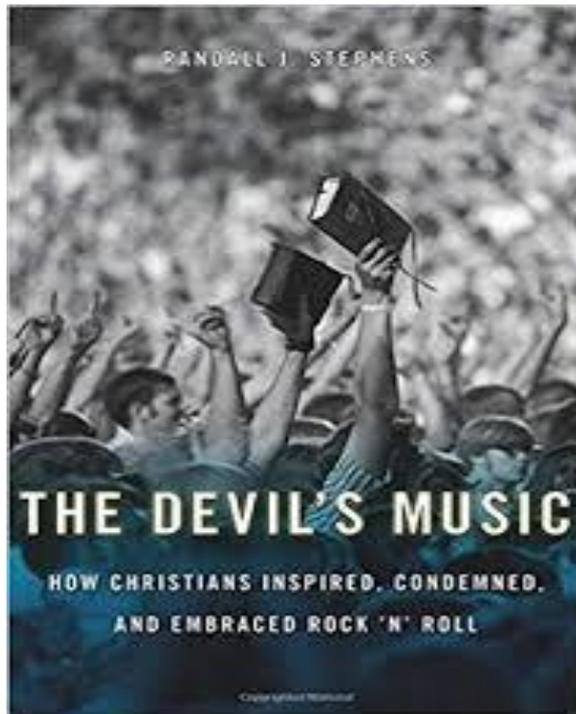


Self Care in the Age of Technology

LINDA DOUGLAS

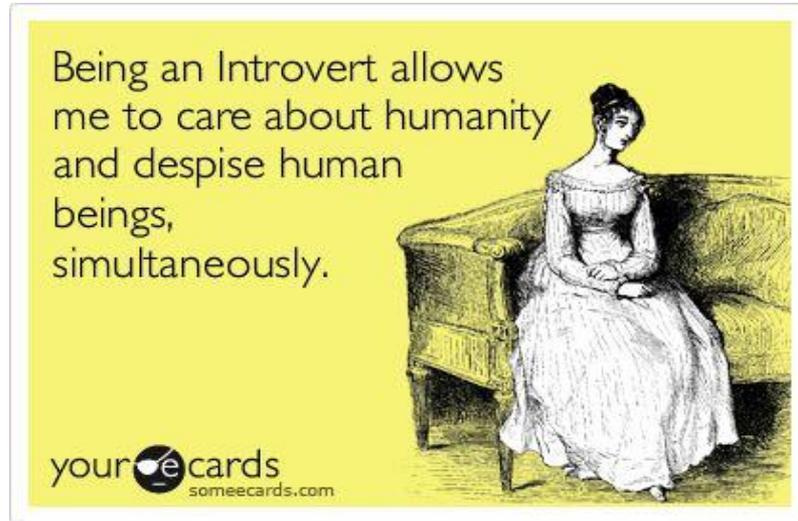


What happens when something new arrives:



Preacher

Helps my self care: Pics of nature and animals and kids being cute and people doing funny/silly things.



Gets in the way of my self care: mindless scrolling leading to lack of presence, and increasing my impatience. I don't think I can "do nothing" for as long. Also, for years I could escape work/demands on my time, by going into nature, now I take my phone and feel like I should be productive or checking in even while in nature.

All the drama/anger/hate mongering.





THE FOMO

IS REAL

Poll



When are you mostly likely to check your social media?

- I don't have social media
 - Once a day
- Usually a couple times a day
 - Only when I get alerts
 - I live on social media



SIPRESS

*"My desire to be well-informed is currently
at odds with my desire to remain sane."*

AVOIDANCE



Depression and Anxiety



- A 2017 study of over half a million eighth through 12th graders found that the number exhibiting high levels of depressive symptoms increased by 33 percent between 2010 and 2015. In the same period, the suicide rate for girls in that age group increased by 65 percent.
- Smartphones were introduced in 2007, and by 2015 fully 92 percent of teens and young adults owned a smartphone. The rise in depressive symptoms correlates with smartphone adoption during that period, even when matched year by year, observes the study's lead author, San Diego State University psychologist Jean Twenge.

Childmind.org

Pros and Cons



- The Twenge study showed that those girls who interact intensely offline as well as through social media don't show the increase in depressive symptoms that those who interact less in person do.
- And there are some teenagers who aren't successful in connecting with peers offline, because they are isolated geographically or don't feel accepted in their schools and local communities. For those kids, electronic connection can be lifesaving.

Poll



Where has your internet usage increased the most since March of 2020?

- Social media
- News websites
- Chat/text or meeting features for maintaining contact with friends and family
 - Meeting websites for work
- My internet usage hasn't increased

JAN
2019

DIGITAL AROUND THE WORLD IN 2019

THE ESSENTIAL HEADLINE DATA YOU NEED TO UNDERSTAND GLOBAL MOBILE, INTERNET, AND SOCIAL MEDIA USE

TOTAL
POPULATION



7.676
BILLION

URBANISATION:

56%

UNIQUE
MOBILE
USERS



5.112
BILLION

PENETRATION:

67%

INTERNET
USERS



4.388
BILLION

PENETRATION:

57%

ACTIVE SOCIAL
MEDIA USERS



3.484
BILLION

PENETRATION:

45%

MOBILE SOCIAL
MEDIA USERS



3.256
BILLION

PENETRATION:

42%

TNW

JAN
2020

DIGITAL AROUND THE WORLD IN 2020

THE ESSENTIAL HEADLINE DATA YOU NEED TO UNDERSTAND MOBILE, INTERNET, AND SOCIAL MEDIA USE

TOTAL
POPULATION



7.75
BILLION

URBANISATION:

55%

UNIQUE MOBILE
PHONE USERS



5.19
BILLION

PENETRATION:

67%

INTERNET
USERS



4.54
BILLION

PENETRATION:

59%

ACTIVE SOCIAL
MEDIA USERS



3.80
BILLION

PENETRATION:

49%

8

SOURCES: POPULATION: UNITED NATIONS; LOCAL GOVERNMENT BODIES; MOBILE: GSMA INTELLIGENCE; INTERNET: ITU; GLOBALWEBINDEX; GSMA INTELLIGENCE; LOCAL TELECOMS REGULATORY AUTHORITIES AND GOVERNMENT BODIES; APIII; KEPIOS ANALYSIS; SOCIAL MEDIA: PLATFORMS' SELF-SERVICE ADVERTISING TOOLS; COMPANY ANNOUNCEMENTS AND EARNINGS REPORTS; CAFEBAZAAR; KEPIOS ANALYSIS. ALL LATEST AVAILABLE DATA IN JANUARY 2020. **COMPARABILITY ADVISORY:** SOURCE AND BASE CHANGES.

**we
are
social**

 **Hootsuite®**

APR
2020

COVID-19: PEOPLE SPENDING MORE TIME WITH DEVICES

PERCENTAGE OF INTERNET USERS AGED 16 TO 64 IN SELECT COUNTRIES* WHO REPORT SPENDING MORE TIME USING EACH DEVICE IN RECENT WEEKS

SMARTPHONE OR
MOBILE PHONE



76%



LAPTOP
COMPUTER



45%



DESKTOP
COMPUTER



32%



TABLET
DEVICE



22%

SMART TV OR MEDIA
STREAMING DEVICE



34%



GAMES
CONSOLE



17%



SMART
SPEAKER



11%



SMART
WATCH



6.3%

SOURCE: GLOBALWEBINDEX'S CORONAVIRUS MULTI-MARKET STUDY (WAVE 2, APRIL 2020). *NOTE: FIGURES REPRESENT THE FINDINGS OF A SURVEY OF INTERNET USERS AGED 16 TO 64 IN AUSTRALIA, BRAZIL, CANADA, CHINA, FRANCE, GERMANY, INDIA, IRELAND, ITALY, JAPAN, NEW ZEALAND, PHILIPPINES, SINGAPORE, SOUTH AFRICA, SPAIN, THE UNITED KINGDOM, AND THE



Zoom Gloom and

Zoom Boon



There's an App for that!

Stay hydrated!



The Best Hydration Apps of 2019

Daily Water Tracker.

Hydro Coach.

WaterMinder.

Water Drink Reminder.

iHydrate.

Aqualert.

Water Tracker.

Plant Nanny.

Poll



For which of the following reasons do you use apps?
(name all that apply)

- Music
- Gaming
- Fitness Tracking
- Hydration
- Sleep
- Relaxation
- Scheduling and reminders
- Other (put in chat box)

Poll



In the chatbox, name your favorite three apps for self care?

Real vs. Fake Self Care



- Fueling your body with food that gives you energy and helps you improve mentally and physically
- Drinking water
- Being kind to yourself
- Setting boundaries
- Spending time with people who enrich your life
- Treating yourself to something new because you love yourself
- Moving your body because you can

- Dieting
- Alcohol or drugs
- Talking shit to yourself to “motivate” you
- Saying yes to everyone because you’re a nice person
- Socializing because of FOMO
- Buying anything promises to make you love yourself more
- Working out as punishment or attending a class that shames your eating habits/appearance

Whitney Hawkins Goodman



App-less Self Care

Breathe



Breath for Anxiety

Use this breath when you are feeling anxious.
It will help you bring yourself back into balance.

Triangle Breath

- * Sit tall with a straight spine or Lay on your back
- * Inhale through nose for a count of 4
- * Hold at the top of the inhale for a count of 4
- * Exhale through your nose for a count of 4
- * Repeat until you feel your anxiety decreasing

InnerFlowWellness.com



5 Senses Exercise



5 - things you can see

4 - things you can feel

3 - things you can hear

2 - things you can smell

1 - thing you can taste

www.drSarahallen.com



Finger Holds





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