

BECOMING YOUR BEST SELF THROUGH BOUNDARIES

SOCIAL MEDIA AND SELF LOVE:

Loving yourself is important, and it all starts by not investing too much time into social media. Social media and various forms of technology have been proven to increase feelings of anxiety and depression. [2] So don't feel pressure to present your perfect "visual self", just love the you that you are!



YOUR CIRCADIAN RHYTHM + TECH:

One proven effect technology has on us is it messes with our circadian rhythm, making us have less quality sleep. As Dr. Sue Peacock wisely said, "If you sleep with your phone nearby, subconsciously you are expecting a message... so your sleep will be lighter." [1] This is a area where boundaries are essential in order to protect our mental health and wellbeing.



ARE CONNECTIONS OF SUBSTANCE?

Some feel social media helps us stay connected with the world, and in some ways, it's true. But in many ways, it's not so positive. It has been linked to causing people to form trust issues in the real world, as well as limiting the amount of time we spend interacting with others face to face. [3] Again, by setting boundaries with ourselves, and with a little discipline, we can overcome this.



THE SILVER LINING

Not all data about social media/technology is bad; in fact, in many ways it does help us stay connected with others easier. But boundaries need to be set in order to maintain a healthy balance. Finding that healthy balance is the key to living a healthy life.



"HEART, SMARTS, GUTS, AND LUCK"
BY ANTHONY, RICHARD, AND TSUN-YAN

Read references
below:

REFERENCES:

[1] Circle Health Group. “Modern Technology and Mental Health.” Circle Health Group, 29 Oct. 2023, www.circlehealthgroup.co.uk/health-matters/mental-health/modern-technology-and-mental-health.

[2] Citizen Advocates. “Behavior & Mental Health Services in NY.” Citizen Advocates, 24 July 2024, citizenadvocates.net/blog/the-impact-of-technology-on-mental-health-balancing-connection-and-screen-time/#:~:text=The%20use%20of%20technology%20has,feel%20overwhelmed%20and%20burned%20out.

[3] “Impact of Technology in Relationships.” The Center for Intimacy, Connection and Change, 8 Nov. 2023, centericc.com/impact-of-technology-in-relationships/.