



Digital Wellbeing –

Managing Social Media Use

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: Social media has been shown to have multiple benefits when used well. Excessive use, however, is reported to increase levels of anxiety, depression and isolation. In addition, unhealthy social media use can negatively impact sleep quality and productivity levels.

Can excessive social media consumption lead to social problems? What do the facts say about its effects on Mental Health (including phantom vibration syndrome), Sleep & Focus?

This seminar explores the impact of social media use on mental health, and shares actionable advice for improved digital wellbeing.

Content includes:

- Social Feeds & Internal Monologues
- Highlight Reels & Unattainable Gold Standards | The Quest For Perfection & Its impact on Self Image/Worth
- 'Likes' and Dopamine Levels
- FOMO & social media addiction
- Tips for an improved digital wellbeing experience

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.