

# Unplugged & Refreshed: Navigating Social Media Dependence for a Healthier You

As we delve into the intricacies of social media usage, this session aims to shed light on the fine line between healthy engagement and dependency, exploring how the latter can subtly take hold of our routines, affect our productivity, mental well-being, and social interactions.

This webinar offers a comprehensive understanding of what constitutes social media dependency, identifying the signs that indicate a shift from casual use to potential dependence. By examining the psychological and emotional drivers behind our reliance on social media, including the search for social connectedness, validation, and the fear of missing out (FOMO), participants will gain insights into the motivations fueling their social media habits.

You will emerge with actionable insights and tools to reassess their relationship with social media, aiming to cultivate a balanced, mindful approach to its use, promoting better mental health and enriched real-world connections.

## Learning Objectives

- Identify the signs and consequences of social media dependency
- Delve into the psychological and emotional reasons behind social media usage
- Learn practical strategies for reducing social media dependency

## Content Outline

### **Unravelling Social Media Dependence: Recognising Its Effects & Implications**

- Define social media dependency and understand its key characteristics
- Identify signs of social media dependence and its impact on mental health and well-being
- Explore the broader implications of social media dependency on personal relationships, productivity, and self-esteem

### **The Driving Forces: Understanding Our Social Media Drivers**

- Identify common ways people use social media and its role in fulfilling social needs
- Understand the psychological and emotional drivers behind social media engagement
- Explore reasons for continuous social media usage and its influence on behaviour

### **Ending The Cycle: Strategies to Intercept Habits of Social Media Dependency**

- Reflection
- Replacement
- Recuperate
- Regulate