



Digital Media Addiction “Smart Phones, Social Media and Suicide”

“Smart Phone, Social Media and Suicide” is crucial to assess due to the fact that social media can have negative and destructive impacts on the development of Self, where one becomes accustomed to adapting to the expectations and modeling on Social Networking sites which expose individuals to constant comparison, competition, fear of abandonment and rejection, and the potential development of lack of remorse, lack of consideration for the impact behaviors have on others and consequential neurochemical changes in the brain.

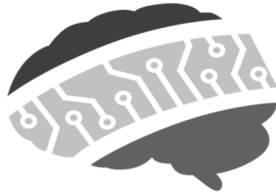
Loss of Self can be related to the development of both personality and mood disorders, such as depression (currently at a 40 year all-time high, with an over 70% increase in suicide since the introduction of social media), the increased need for immediate gratification, the break down in both social skills and problem solving and therefore, the increased risk of poor coping, impulsive and potentially self-destructive behaviors.

Learning Objectives

The talk will identify the negative impact on problem solving and coping mechanisms, cognitive functioning, memory, the effects on neural pathways of the brain and its relationship to self-destructive and suicidal behavior. This talk will discuss:

- Social Media as a normal part of our society and functioning today.
- The concept and development of Self and risks of social media use.
- The impact of social media use on the need for immediate gratification, difficulty in differentiating real from imagined threats, the FOMO effect, the impact on feelings of abandonment and rejection and its influences on both neurotransmitters and brain function.

Finding our balance with our phones, computers, and tablets.



DIGITALTECH INITIATIVE

- The increased risk for development of suicidal ideation, depression, anxiety, low self-esteem, narcissism and sociopathic behavior with chronic social media use.
- The question of “How do I be me without losing touch with Self”.
- And finally, suggestions and specific personal operating recommendations for the development and maintenance of Self with the use of social media.

The talk will highlight the timing of the introduction of social media with the surge in the rates of both Major Depression and suicide. It will provoke thought regarding the impact that Social Media and Social Networking Sites have on those rates and offer preventative measures to decrease this correlation.