

No walls, no vested
interests, just
understanding the
world as a whole.

Mental Health in the Digital Age

December 15th 2021

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Happy Holidays!



- 1) Madison will lay out the topic
- 2) Discussion with everyone

Create solutions globally

Mental Health in the Digital Age

- mental health continuum

↳ spectrum of mental health can happen daily or throughout your life

- zones → green, yellow, orange, red

See "mental health continuum" resource




- we can always move back to green

on class page

Our Brains

- with anxiety → fight or flight
↳ survival instinct → not able to control

- pandemic has caused global anxiety
↳ difficult to be certain about truth

 - having this response can be "diagnosed"
differently around the world

Today's Technology

- Zoom dysmorphia

↳ able to see ourselves on screen

↳ Constantly

↳ intensified self-consciousness

- did this happen in the past? → mirrors



Social Media

- Facebook/Metaverse

- 15-24 = at risk age group

- different ways people interact with social media → can't identify one problem
↳ ex: "like" button



Algorithm

- social media \rightarrow ex: youtube

- anticipating your next move to make you want to watch more while you are watching in real time



Stigma

- globally there is still a stigma around mental health
- Stigma is the barrier to creating change
- always room to alter your thoughts
 - ↳ looking at research to ground these ideas



Mental Health Globally

- in Malaysia there is support on campus
 - ↳ new → in younger generation
- physical health is mental health
 - ↳ hard because we can't "see" it and there may not be a set timeline



- Ayurvedic → Hindu medicine
body + mind as parts of whole

Technology and Mental Health

- increases in tech. causes greater mental health issues

- "if you wanted to cause mass chaos the best way is to use Facebook" - Social Dilemma Doc.

 - going to plastic surgeons to make them look more like Snapchat filter

Technology and Mental Health

- Dysmorphia = a condition in which
(Cambridge Definition) part of the body is a
different shape from normal

- Anorexia = emotional disorder characterized by
(google definition) an obsessive desire to lose weight
by refusing to eat



Questions for Madison

- Does technology really cause dysmorphia?

↳ research is being done → tech. is causing the increase in different kinds of dysmorphia

- Did technology make the pandemic better or worse?

CC ↳ both! (connection + addiction + innovation)

World Wall Map

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Map Not To Scale

Questions for Madison

- Outside of "screens" how has tech. influenced our mental health?

↳ historically (cultural evolution) we have always been influenced by creating new tools / technology



- How can tech make things better?

Wrapping Up

- Our relationship with technology needs to change → Societal norms have a great effect on what we see on social media
- Societal standards are magnified on social media



- tech. used in education

Wrapping Up

- technology is an irreversible force
- "The Social Dilemma" → trailer on class page
→ Netflix Doc.
- ↳ make sure we understand the algorithm
- ↳ making social media companies accountable
- ↳ making sure the education we have is




accurate

Mental Health Globally

- cross learning = learning from each other

- is there a global way we can address mental health?

↳ Syafikhan → having people support you is important
(Malaysia)

 ↳ Ireen → lack of support + information
(Zambia) ↳ considered "mad" if mental illness

Review + Solutions

- more discussions around this topic!

- individual + unique to everyone
↳ mental health + technology

- being kind to yourself → search for
resources to help you



Review + Solutions

- taking time to be outside

↳ forest bathing = taking in all of one's senses in the forest

- taking time away from your screen

- technology can be beautiful if used correctly



↳ Critically think about your resources

Review + Solutions

Mental Health Apps

- "headspace", "calm", "CBT coach"

↳ a private way to access mental health resources through apps

- love → yourself and each other

