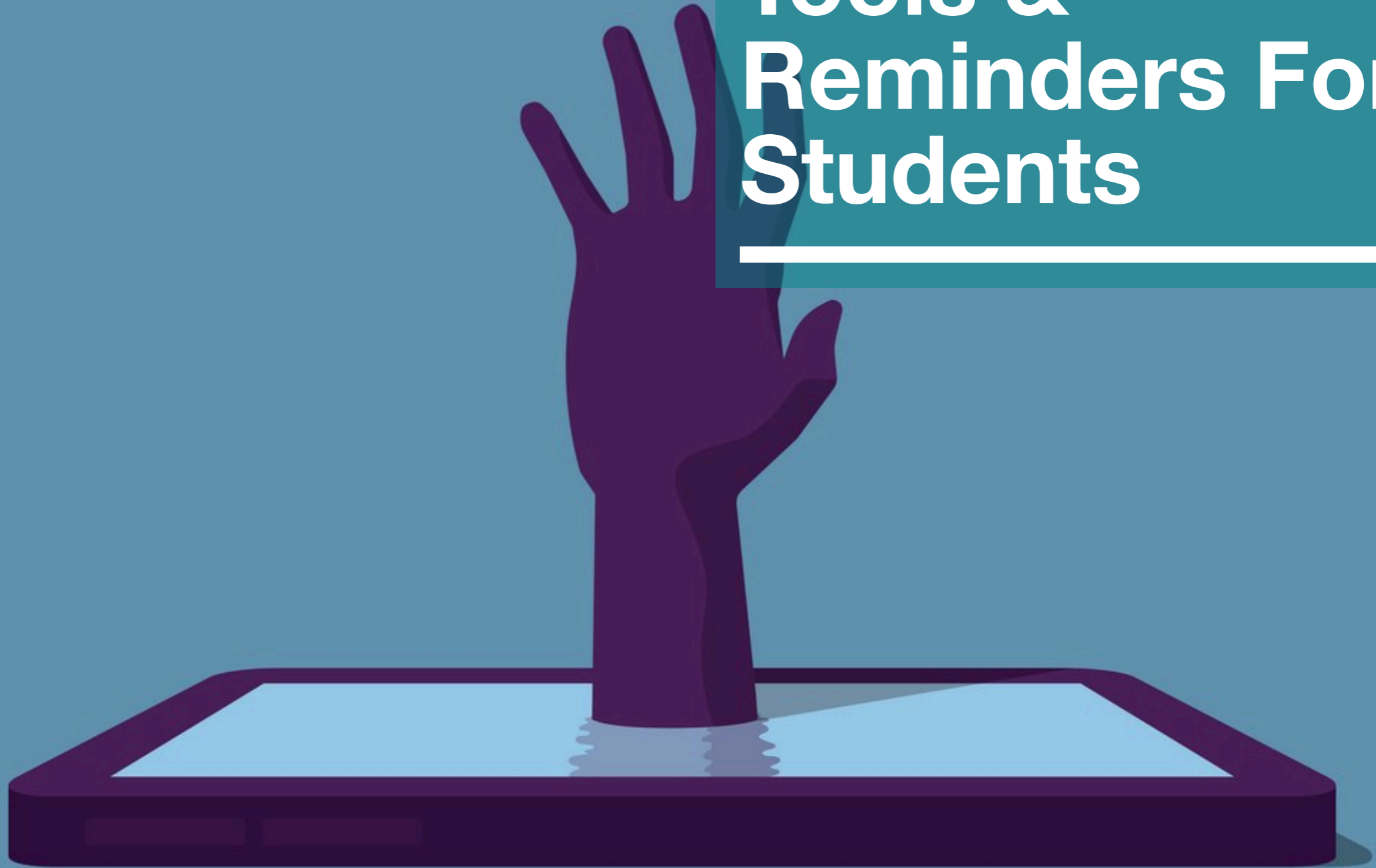
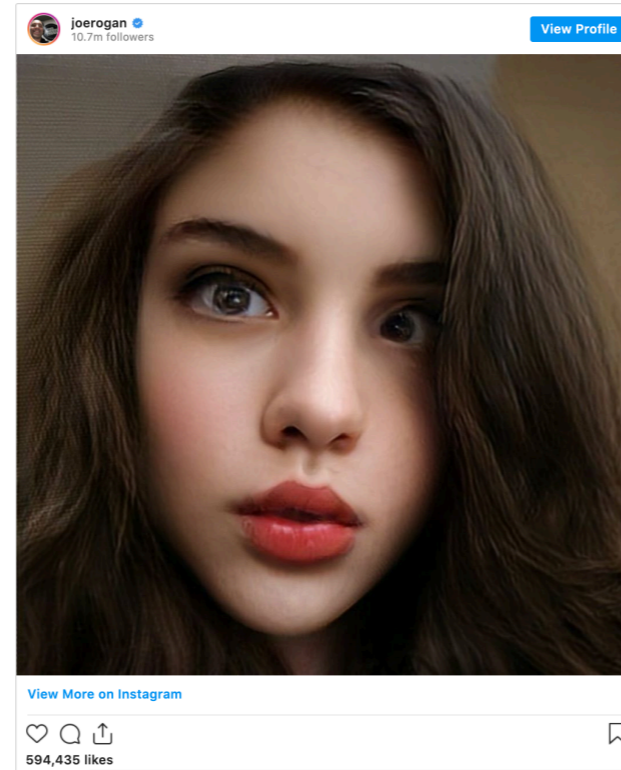


# Tools & Reminders For Students

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**Before Filter****After Filter (Same Pic)**

# Remember, Social media isn't anything close to real!

We know we're putting on filters and only sharing our best moments... but it's still really challenging to compare the "behind-the-scenes" of our lives with everyone else's highlight reel. Pay attention to how social media is making you feel, and try to notice when you're taking actions in the real world not for you, but for social media. And if you're ever comparing yourself or your appearance to someone on social media, please refer to these pictures and videos

[https://www.youtube.com/watch?v=9j656\\_RiO0k](https://www.youtube.com/watch?v=9j656_RiO0k) (Video credit College Humor)



## Mobile App Settings

◀ Search 📶 10:24 AM 🔔 45% 🔋

✕ Settings

### AUTOPLAY

Autoplay next video



When you finish a video, another one plays automatically

## DF YouTube (Distraction Free)

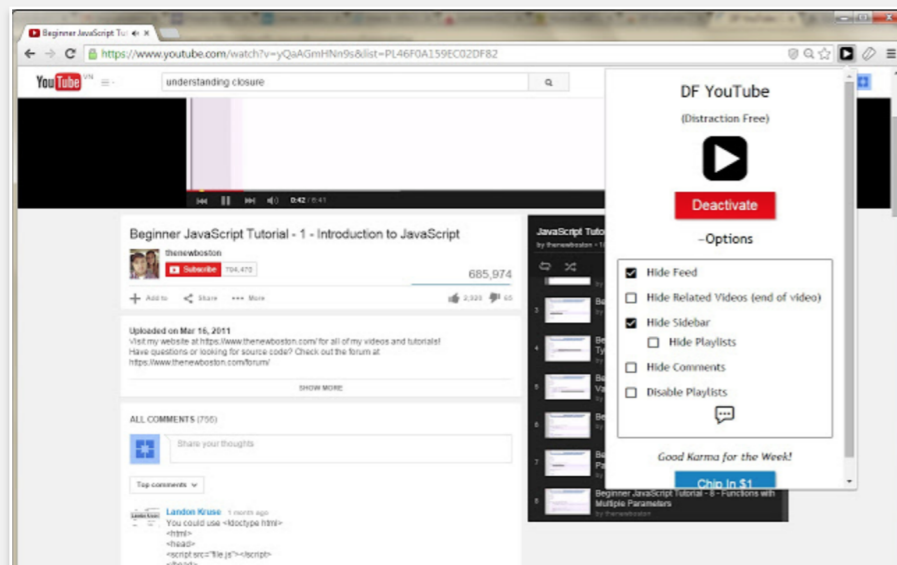
offered by kalkuta

★★★★★ (249) Productivity 127,550 users

ADDED TO CHROME



OVERVIEW REVIEWS RELATED



Compatible with your device

Allow yourself to focus while using YouTube for work, recreation or education.

NOT WORKING?  
Please use the feedback button to alert me if YouTube is not being displayed properly. YouTube occasionally updates its styling which may break DF YouTube.

REGARDING PRIVACY  
I do not read, examine or track your browser history or any other personal information. The only permissions I ask for are "tabs" to insert the functionality and "storage" to

[Report Abuse](#)

Additional Information

Version: 1.12.10

Updated: March 6, 2018

Size: 82.77KIB

Language: English

# Turn Off Autoplay

Turning off Autoplay on desktop, mobile and installing DF Youtube are helpful to get rid of some of the suggestions, which helps to avoid the situation where you meant to watch one YouTube video but wake up two hours later in a daze.

## Desktop





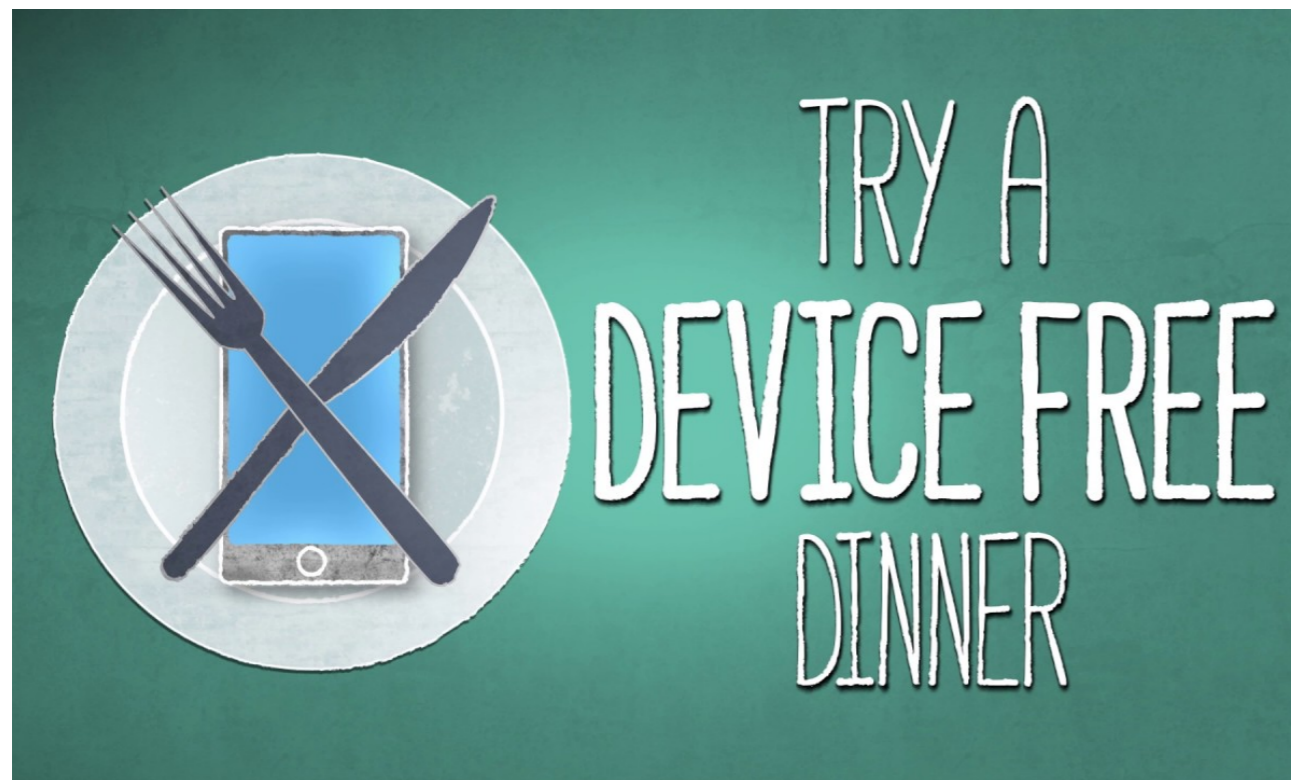
## Use a physical alarm clock

Charge your device outside the bedroom.

Get a separate alarm clock in your bedroom, and charge your phone in another room (or on the other side of the room). This way, you can wake up without getting sucked into your phone before you even get out of bed.

This allows you to wake up and think your own thoughts as well as prevents you from immediately introducing stress and anxiety into your day.

*If you have your bedroom as a device free zone, this can do WONDERS for quality of sleep. (Blue light before bed messes with our sleep)*



## Phone-Free zones

Setting zones with your friends like “no phones during lunch” can be a helpful tool. If a friend is breaking the rule a tap on the shoulder and asking “hey is everything ok?” Can be a good gentle reminder of the agreement you made.

## Blue light & sleep

Research shows that blue light (which is emitted from most screens) negatively impacts our quality of sleep.

Some have reported its helpful to wind down with no screen time for at least an hour before going to sleep.

Features like Nightshift and extensions like F.lux help reduce the amount of harmful light from our screens, but from talking to people who have tried both, the screenless wind down seems more effective.

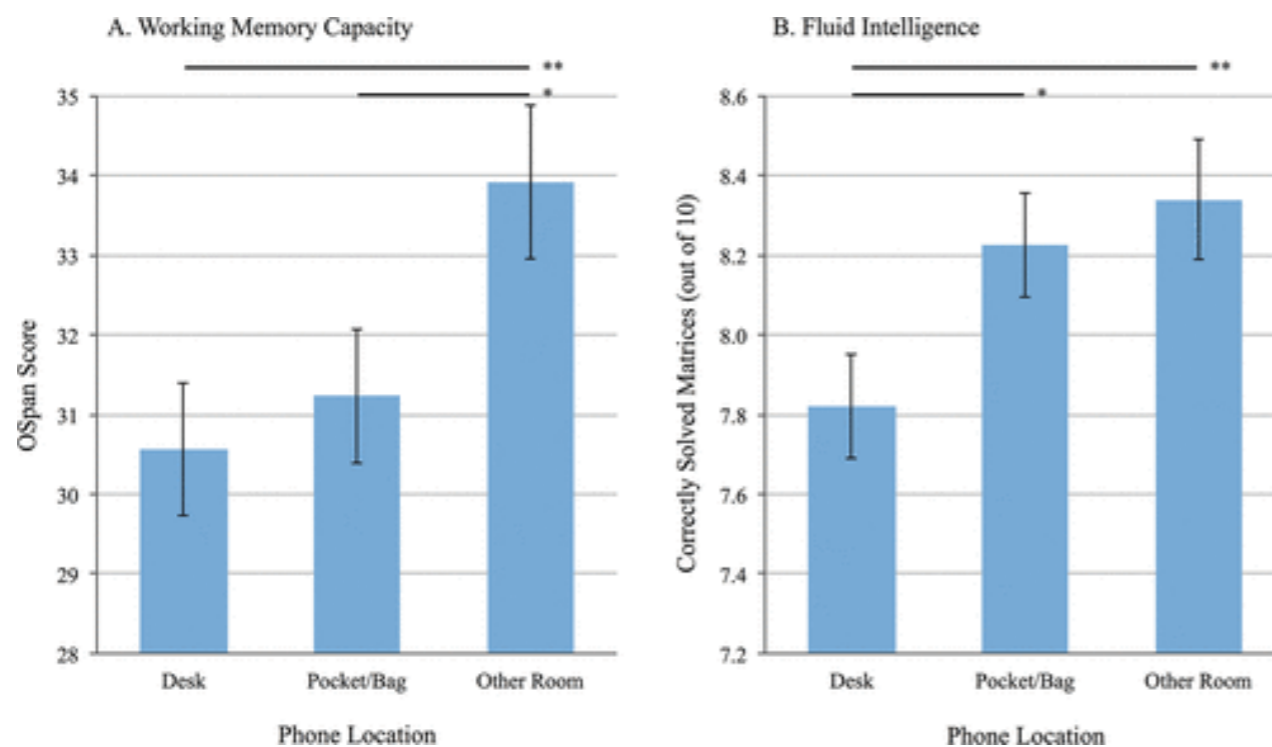
*F.lux can be downloaded by clicking the above link, and there are two ways to turn Night Shift on and off:*

Open Control Center. Firmly press the Brightness control icon, then tap to turn Night Shift on or off.

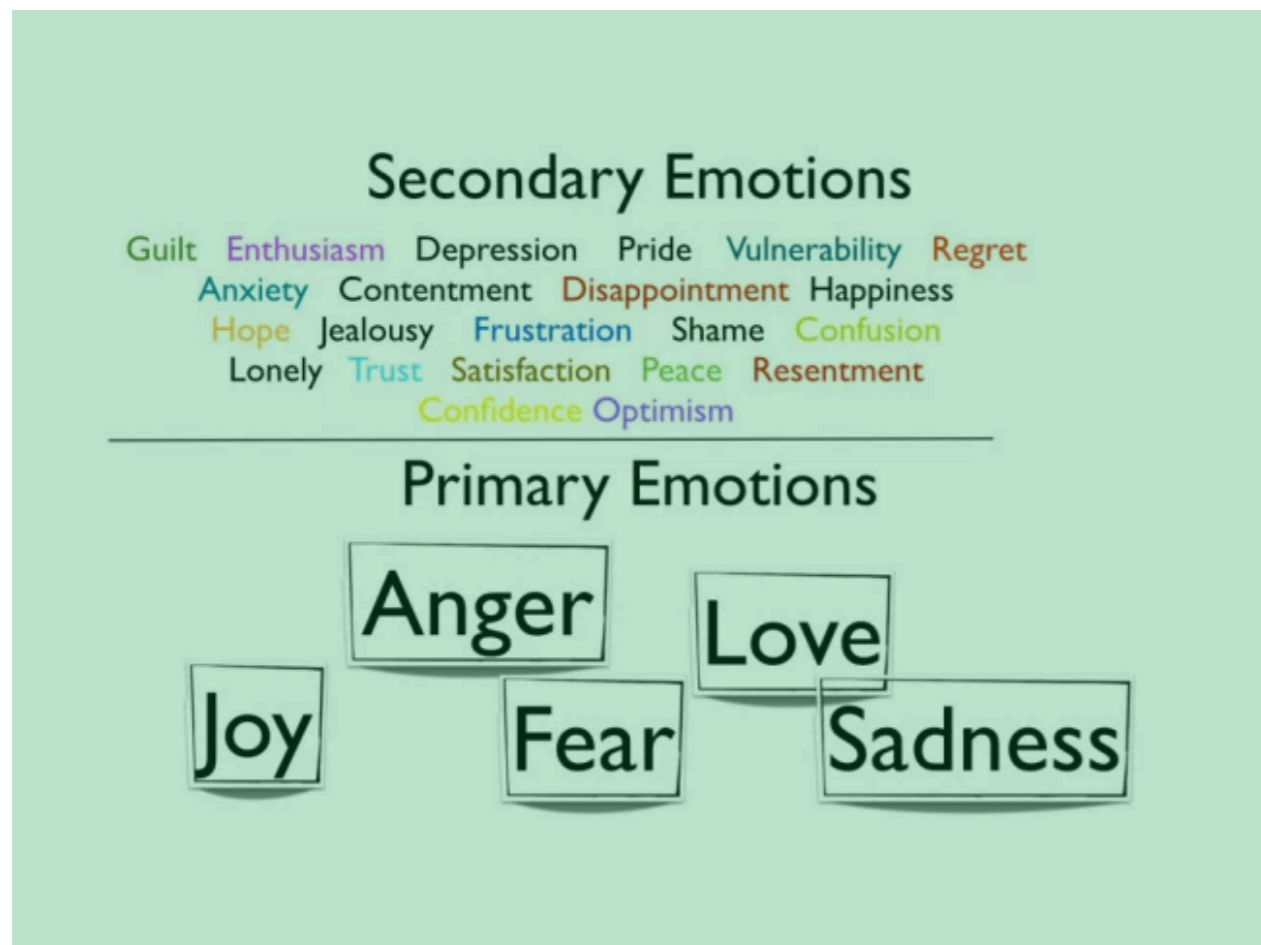
*1. Go to Settings > Display & Brightness > Night Shift. 2 On the same screen, you can schedule a time for Night Shift to turn on automatically and adjust color temperature.*



## Study & focus with your phone outside the room



“Although these devices have immense potential to improve welfare, their persistent presence may come at a cognitive cost. In this research, we test the “brain drain” hypothesis that the mere presence of one’s own smartphone may occupy limited-capacity cognitive resources, thereby leaving fewer resources available for other tasks and undercutting cognitive performance. Results from two experiments indicate that even when people are successful at maintaining sustained attention—as when avoiding the temptation to check their phones—the mere presence of these devices reduces available cognitive capacity. Moreover, these cognitive costs are highest for those highest in smartphone dependence.” - [Ward et al. 2017](#)



## Ask the right questions

Instead of asking yourself “Do I like this game/app?”

Ask: “How does this game/app make me feel?”

This allows us to separate the focus from how much time we’re spending on something vs. how it impacts us on a human level



I want activities that help with

- BEING ACTIVE
- ACHIEVEMENT
- RELAXING
- BEING SOCIAL
- MENTALLY ENGAGING
- CREATIVITY

I want activities that are

- FREE
- LOW COST
- AT HOME
- OFFLINE
- CAM'S FAVORITES
- EASY TO START

**Yoga**

Combines stretching, breathing techniques, exercise, and meditation to improve your health and happiness.

**Resources**

- [Yoga Journal](#)
- [Reddit Yoga](#)

**Weightlifting**

Improve your health and reduce anxiety by working out. Great for beginners and people more advanced.

**Resources**

- [Body Building](#)
- [Alexander Juan Antonio Cortes](#)

**Running**

A great place to start exercising and getting outside. Perfect for all skill levels.

**Resources**

- [Reddit's Couch to 5K Community](#)
- [Jared Quit Gaming and Ran Marathons](#)

**Reading**

Learn more about yourself and the world while relaxing at home, in cafes, or outdoors.

**Resources**

- [5 Books to Read After You Quit Gaming](#)
- [100 Good Books to Read by James Clear](#)

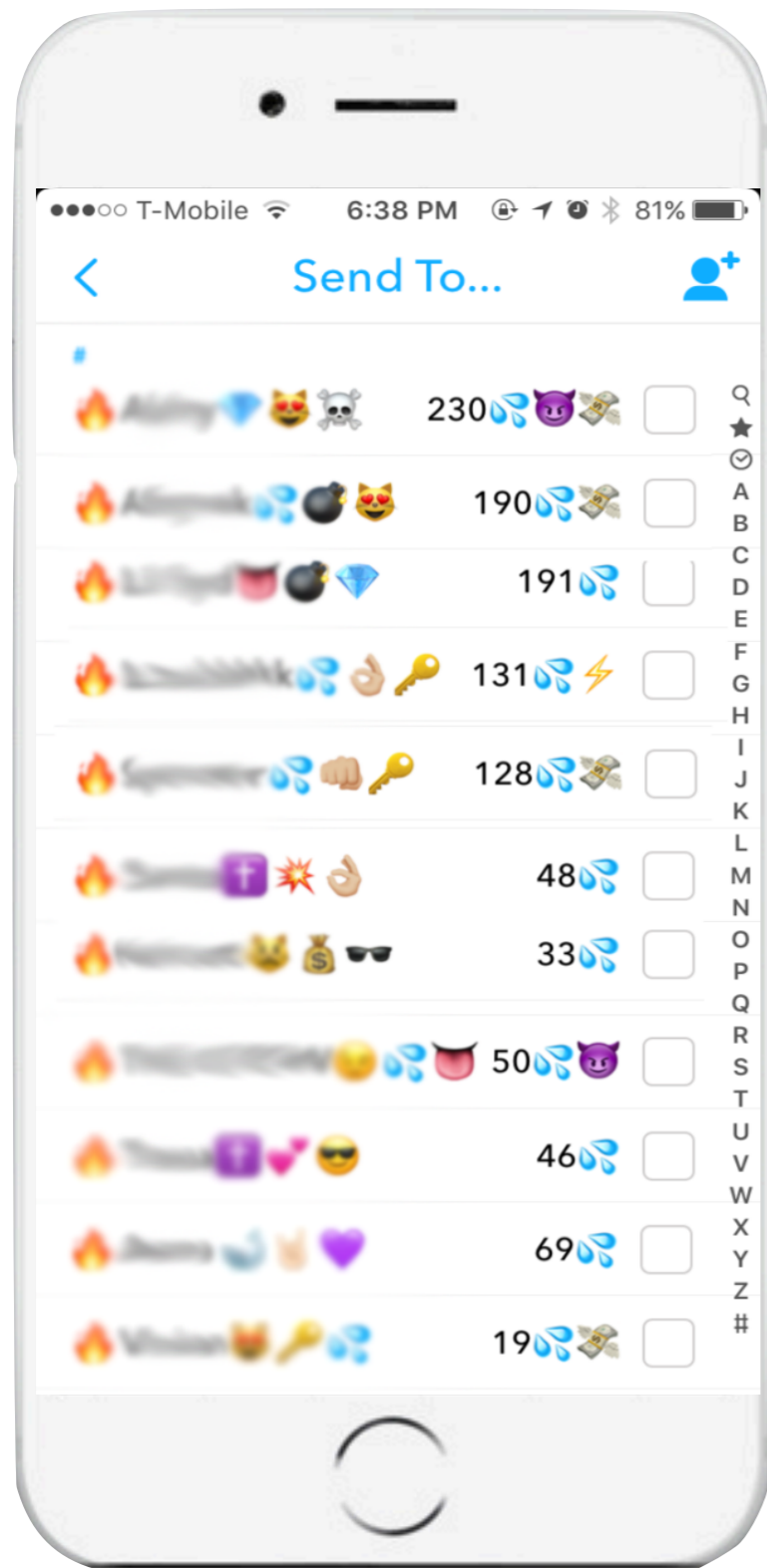
**Rock Climbing**

**Martial Arts**

# Hobby ideas

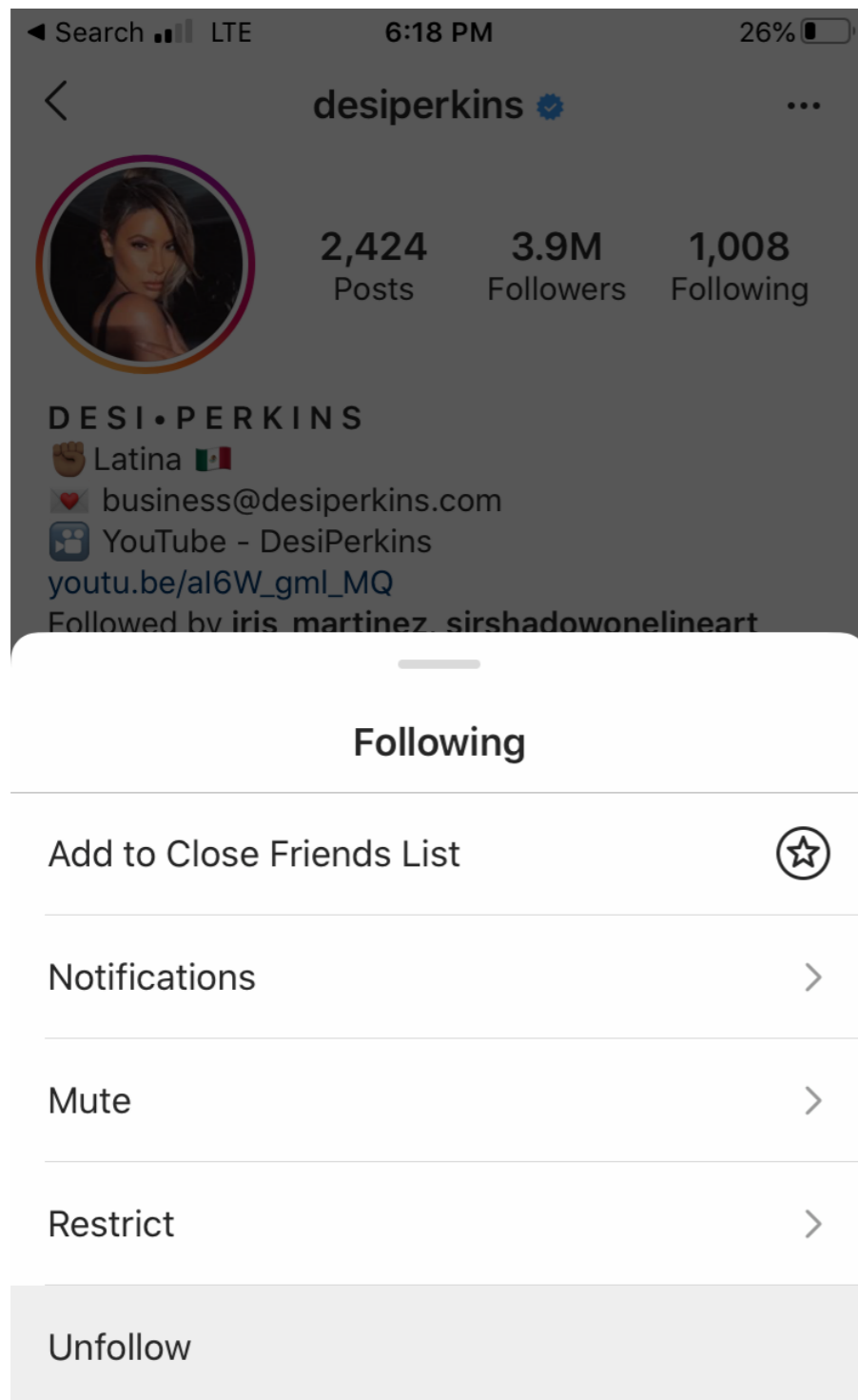
Game Quitters Has a [Hobby Tool](#) which is a great resource for anyone looking for an answer to “What else am I supposed to do with my time right now?!”

You can select activities based on your preferences, like “At Home” “Free” “Offline” “Easy to Start” “Creative” “Low Cost” etc.



## End the streaks!

Remember, Snap Streaks are a trick designed to keep you coming back to the app every day. Talk to your friends about ending the streaks so they don't control you/become a chore.



## Unfollow Accounts That Make You Feel Badly About Yourself

Comparing ourselves to others on social media can create depression and anxiety. Getting messages from people that make us feel badly about ourselves also just doesn't feel good.

Go through your following list right now on Instagram, & Snap, if seeing their name doesn't bring you joy, or gratitude, or value of some kind, unfollow them.



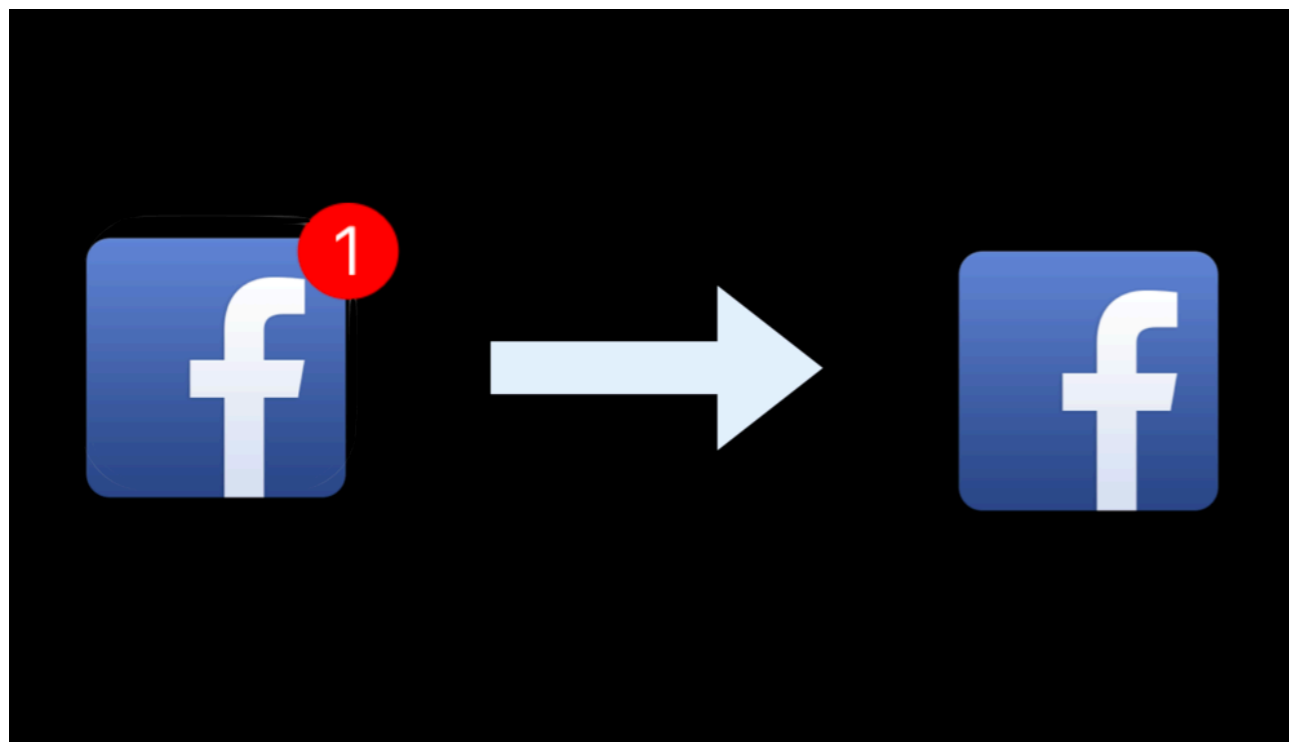
## Train Your Algorithms

Of course some people do feel good about their social media use. Most teenagers/young adults who fit that description seem have taken time to actively alter their settings and train their algorithms. This involves aggressively liking and commenting posts that you want to see more of, making an active effort to tell these algorithms, “no I don’t want more fitness models making me feel badly about my body, I do want more \_\_\_\_\_”. People who are satisfied with these apps also tend to be unhesitant to unfollow profiles that make them feel badly about themselves, and block anyone who feels threatening/dangerous. Emily Weinstein writes in detail about this in her upcoming book, [Behind Their Screens](#).



## Communication is Hard Digital Communication is Harder.

There are big differences between communicating on screen and off. Body language, eye contact, tone, volume, and more, are often lost in digital communication. When we recognize this, we can better choose which conversations to have in digital environments and which to make the extra effort to have in person, over the phone, Facetime, etc.



## Turn off all notifications except from people.

Notifications appear in RED dots because red is a trigger color that instantly draws our attention. But most notifications are generated by machines, not actual people. They keep our phones vibrating to lure us back into apps we don't really need to be in.

Visit Settings > Notifications and turn off all notifications, banners, and badges, except from apps where real people want your attention; e.g. messaging apps like WhatsApp, FB Messenger, Signal, Telegram, WeChat etc.



## It's never been easier to run from ourselves

Learning to sit with feelings, boredom, and the challenges that come with daily life is going to be a major challenge for the next generation. Having negative emotions, nervousness, and working through obstacles is an essential part of life, that it's never been easier to run away from with a quick pickup of the phone.

SEL, Mindfulness and Communication, have become essential skills to navigate this digital world.



## Do Your Snapchats Really Delete After Being Opened?

**VICE** Video Podcasts News Tech Music Food Health Money Drugs + More    

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**MOTHERBOARD**  
TECH BY VICE

### Snapchat Reveals How Many of Your Snaps It's Sharing With the Government

The company complied with 92 percent of government requests.

## “Disappearing” Photos

Remember that even when we think photos disappear, that's often not the case. If you are being asked to send a photo you don't want to send, feel free to tell them you'd rather not have a creepy government dude looking at your photo.



## Delete toxic apps

This one is tough, but effective! It's the easiest way to cut back and improve your mental health, as these apps can easily gobble up so much of our time and wellbeing. This does not mean stop messaging and sharing pictures & videos with your friends! It just means moving those conversations to less toxic digital environments.

Delete Tik Tok → Make a dance or funny video and send it to people you love directly

Delete Snapchat → Use Text & WhatsApp

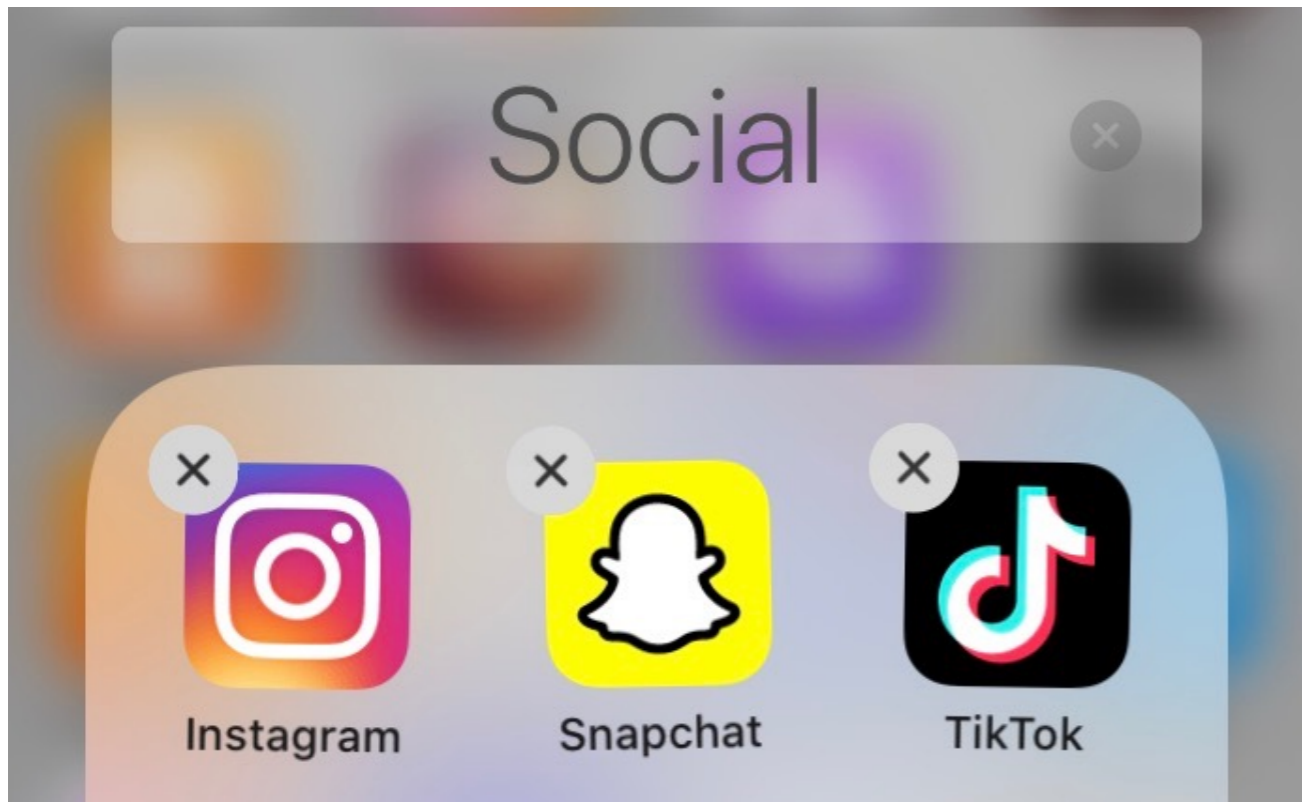
Delete Instagram → Or at least prune Instagram of “Joy Thieves” {unfollow everyone who doesn't make you feel good about yourself}

If it's not social media for you, what is that one app/game that sucks you in the most but leaves you with regret? Delete that one!

*NOTE: This is **FAR** more effective to do in groups. High likelihood of an unsatisfying outcome if you try and do it by yourself.*

*Try deleting it for a week and see how it feels.*

*Do you really want to go your whole life without knowing what it feels like not having social media on your phone?*





## Greyscale

Colorful icons give our brains shiny rewards every time we unlock. Set your phone to grayscale to remove those positive reinforcements. It helps many people check their phone less, as well as creates a moment of Mindfulness. “Ugh this thing is grey... why did I pick it up again? Did I mean to?” Common for this effect to wear off after a few weeks.

Go to Settings > General > Accessibility > Accessibility Shortcut (bottom) > Color Filters. This allows you to quickly triple-tap the home button to toggle grayscale on and off, so you keep color when you need it.



## Screen Time & Digital Wellbeing

Apple's Screen Time and Android's digital wellbeing features will help you set limits on certain apps.

[How to set up Screen Time](#)

[How to set up Digital Wellbeing \(No family option as of April 2019\)](#)



## Contact: Max Stossel

*Thank you for listening. I'd love to hear what's working and not working for you as you try these tools.*

**Email:** [max@socialawakening.org](mailto:max@socialawakening.org)