Accroche :

* + With social media sites being used by ⅓ of the entire world, they’ve clearly had an major influence on society. But what about our bodies?
  + Can’t log off ? 5-10% of internet users are actually unable to control how much time they spend online
  + Top 3 diagnoses on University campuses
    - Anxiety ; depression ; stress
    - Numerous study from many country linked socialmedia with anxiety ect
  + 2 hours a day on social media > time that we spend eating
  + Beaucoup de temps -> Forcement un impact
  + Jouer au jeux vidéo des heures vs travailler des heures
* Kind of drug: 5 Crazy Ways Social Media Is Changing Your Brain Right Now
  + Though it’s a psychological addiction as opposed to a substance addiction, brain scans of these people actually show a similar impairment of regions that those with drug dependence have. Specifically, there is a clear degradation of white matter in the regions that control emotional processing, attention and decision making. Because social media provides immediate rewards with very little effort required, your brain begin to rewire itself, making you desire these stimulations. And you begin to crave more of this neurological excitement after each interaction. Sounds a little like a drug, right?
  + Renforcement partiel plus puissant
* Multitasking impact: 5 Crazy Ways Social Media Is Changing Your Brain Right Now
  + We also see a shift when looking at multi-tasking. You might think that those who use social media or constantly switch between work and websites are better at multitasking, but studies have found that when comparing heavy media users to others, they perform much worse during task switching tests. Increased multi-tasking online reduces your brains ability to filter out interferences, and can even make it harder for your brain to commit information to memory.
* Problem : Is Social Media Hurting Your Mental Health TED
  + Highlight reels : we compare our self
  + Social currency :
    - Currency =
  + Fear of missing out
  + Online Harasment
  + SOLUTION A LA FIN
* Social media hires Attention engineer from Las vegas gambling to make their product the most additive as possible (<https://www.youtube.com/watch?v=3E7hkPZ-HTk>)
* It’s funny gngng : https://www.youtube.com/watch?v=3E7hkPZ-HTk
  + Ça réduit ton attention et t’empeche de te deep focus == empêcher de créer the most valuable thing in economie = deep-focus is the most productive method, doing of thing after another
  + Feel lonely and ect
  + Tout les points négatifs
  + Not really peacefull way to entertise
* Domine detox
  + Porno, drogue, mal bouffe, série
  + Plus d’attention stable sans stimulation
    - Personne productive comme des sur humain
    - Mais c’est juste une tolérance
  + Molécule du Plaisir
  + Premier homme = donne la motivation pour manger chasser ect
  + Divertissement actuelle == trop de dopamine
  + Exp du rat avec stimulateur dans le noyaux accuben :
    - Manger à l’autre bout de la cage, ne prend plus la peine d’y aller, il mange si on lui donne
    - Même si plaque électrifier il continue
  + -> La dopamine peut nous motiver à faire des choses négatives et pas ouf pour nous
  + Haute dopamine == des distractions du divertissement ecct vs faible dopamine == chose productive
  + Effet de tolérance
    - Niveau de dopamine = adaptatif
    - Toujours le même niveau de dopamine dans le corps
    - Comparaison alcool
  + -> Dopamine detox pour reset la motivation
    - Permet de retrouver de l’estime de soit si on se trouve paresseux
  + Moins de tentation, plus de contrôle sur sa vie
  + Ne réduit pas comment on enjoy les chose, juste la motivation
  + How to detox : https://www.youtube.com/watch?v=jxHYdg-pBWw
    - Target the detox on what make you compulsive (behavior and compulsion) that we have trouble
    - List of can and can’t
    - Make sure that they will be no reason to break the rule, tell people you’ll not use your phone
    - Start small
    - Be introspective question :
* https://www.youtube.com/watch?v=\_vcGF3HqZXg
* Dopamine = chemical of anticipation because your especting a reward
* Reason because hours of scrolling tiktok, can’t focus for a long time, lack the motivation to work on thing
* Dopamine = just one more
* -> dopamine detox = dopamine receptor reset
* 10% of trigger are external ⬄ 90% of trigger are internal
* What we tried to avoid ?