WORKSHOP TITLE : UNPLUGGED

(***WORKSHOP FOR ENTERTAINMENT DE-ADDICTION for 18+ )***

***6-12-23***

***Wednesday***

**INTRODUCTION**

Welcome to “unplugged workshop”. This is a transformative workshop designed to help you find a healthy balance in your life . Inspired by the words of author Douglas Coupland , we will explore the concept of entertainment addiction and empower you to make conscious choices for a more fulfilling and purposeful life .

AIM : To detox from virtual reality and connect with family and form genuine friendships .

Session 1

WHAT IS ENTERTAINMENT ADDICTION ? (30 mins)

* Interactive Icebreaker: Sharing your favorite forms of entertainment.
* Definition and Discussion: Understanding the fine line between enjoyment and addiction.

Entertainment addiction refers to an unhealthy reliance on activities like binge-watching TV shows, excessive gaming, or spending long hours on social media. This can lead to negative consequences such as neglecting responsibilities, strained relationships, and even impacts on mental health .

* Scrolling endlessly of instagram and still feeling bored and low
* Watching porn every night before sleep , leading to excessive mastrubation , low level of testosterone , and incorrect information on sex
* Porno content at a young age leading to pre hormonal release resulting in early sexual development .
* Unable to give up on that series you were watching even when you have an important exam the next day . Well OTT platform series has grabbed on to us .
* While sex is consumed virtually the curiosity to experience it results in a hike in oyo room visits .
* Excessive fapping also leads to memory loss
* Personal Reflection: Exploring the impact of excessive entertainment on your life.

SESSION 2

THE DOPAMINE EFFECT (45 mins)

* Fun Fact Game: Understanding dopamine and its role in entertainment addiction.

- Entertainment addictions are no different in the sense that they are veryefficient at triggering the release of dopamine into our brains. It is a monoamine neurotransmitter .

* Imagine you have a team of little messengers inside your brain, and one of them is dopamine.It is the thing that is behind our emotion ‘happiness’.
* In addition to the vast choices already available, more movies, YouTube videos, TV shows, games, gossip, blogs, web articles, Netflix , Prime , Amazon , Flipkart , adult sites etc., simply add to the nausea in our lives.
* With laptops, smartphones, iPads, wearable devices, and so on keeping us connected, we have almost constant access to a never-ending stream of entertainment. Entertainment to help us escape from everyday life.
* Group Discussion: How does the constant pursuit of entertainment affect your brain?
* Decreased need for sleep (melatonin delay)
* les s time spend with friends
* Tougher to talk to people , back problems , can't get partners

* Guided Visualization: Imagining a day without excessive entertainment and its impact

SESSION 3

ESCAPISM AND ITS PITFALLS (45 mins)

* Group Activity : Escapism and its role in entertainment addiction

-Leaving the real world to get relief from your actual problems is called escapism.

- casual sex with college mates

- Dropping acid and doing meth

- Smoking up weed

-binging TV and eating

* Personal stories: share how this has affected you
* Goal setting exercise : set personal goals that do not include screen time or too much external pleasure .

SESSION 4

BREAKING THE CYCLE (45 mins)

* Creative activities : finding new hobbies and interests
* Group discussion : How can we maintain healthy relationships while enjoying entertainment?
* Come up with a 7 day plan to gradually reduce entertainment time
* Pair with a peer to support you

CLOSING AND FEEDBACK

Tell how you have enjoyed the workshop . what you have learned .

**CONCLUSION**

Congratulations on taking the first step to break free from the chains of entertainment addiction! Remember, this workshop is just the beginning of your journey towards a more mindful and purposeful life. Embrace the changes, support your peers, and discover the joy of living beyond the screen. Unplug, unwind, and unleash the potential within you