Navigating Social Media: Strategies for Mental Well-Being

Empowering India's Youth

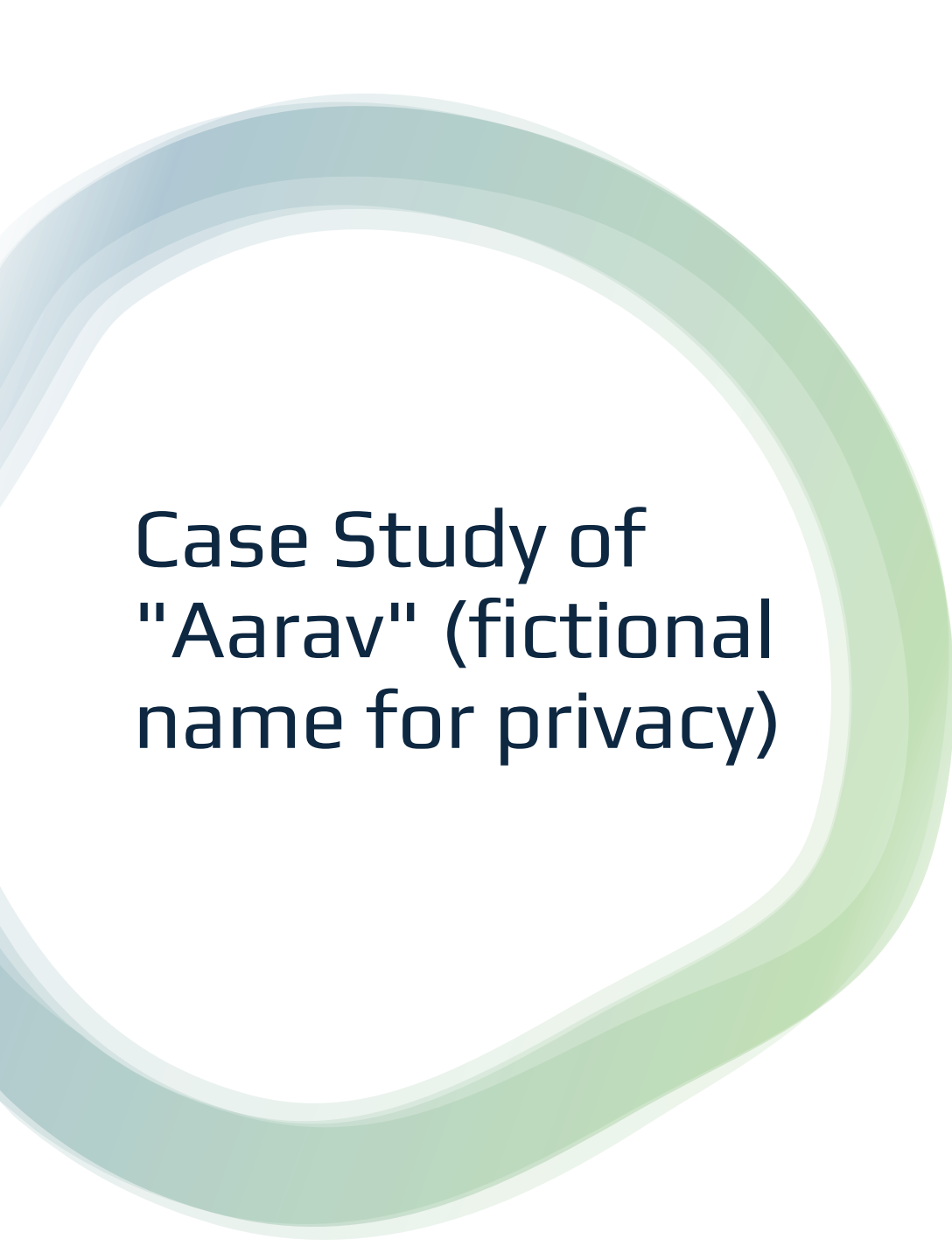Presenter: Ekessh
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Introduction

Average Indian spends **194 minutes** daily on social media platforms – Source

Increasing hours spent online can result in a spectrum of psychological effects

We'll discover how to balance digital and real-life interactions while safeguarding mental health

Case Study of "Aarav" (fictional name for privacy)

- **Background:**
  - Aarav, a 25-year-old software engineer from Bengaluru
  - Spending 5 hours daily on social media,
  - Often scrolling through his feeds late into the night.

- **Consequences:**
  - Heightened levels of anxiety
  - Sleep quality deteriorating
  - Dip in his performance at work
  - Sense of disconnection, despite being more 'connected'

- **Turning Point:** After recognizing these signs, Aarav sought help to learn strategies to manage his online presence.

Coping Strategies followed by Aarav

Used app timers and set 'no-phone' zones at home to encourage mindful use.

Performed a regular 'social media audit' to keep the feeds positive and enriching

Planned tech-free weekends or dedicated certain hours of the day to unwind without screens.

Scheduled regular catch-ups with friends and family, and picked up a new or a forgotten hobby.

Community and Support

1

Aarav joined **online forums** and social media groups focused on **mental well-being**. Sharing experiences with peers who faced similar challenges provided him with a sense of belonging and understanding.

2

He reached out to his **local community center** which offered **workshops on digital wellness** and connected him with a network of individuals committed to healthier social media habits.

3

When Aarav's anxiety levels became overwhelming, he **sought professional help**. Access to a counselor who specialized in digital addiction gave him personalized strategies to cope with his stress.

Societal and Cultural Considerations

Aarav felt these pressures acutely, often **comparing his achievements** with those of his peers online

Aarav learned to **celebrate his own progress** and milestones, rather than measuring them against the curated highlights of others.

When Aarav opened up to his **family** about his challenges, he found unexpected allies who **supported his journey** toward digital wellness.

Aarav **became an advocate for digital well-being** in his community, sharing his insights and experiences to help others.

Positive changes

Aarav connected with the ISKCON Pune **Mental Well-being initiative**, which resonated with his experiences and equipped him with tools to educate his peers about mindful social media use.

Aarav **volunteered** to speak at local schools, sharing his story and discussing the importance of digital balance with students.

Aarav found fulfillment in volunteering with NGOs that focus on mental health, contributing his insights and **helping others navigate the digital world**.

Conclusion and Interactive Q&A

- Now, we invite you to share your own experiences with social media and mental health. What strategies have you found effective? How can we collectively create a healthier online culture?

- We are eager to hear your thoughts and answer any questions you might have.