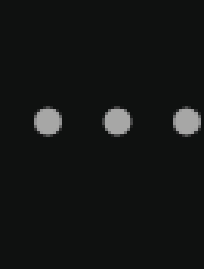
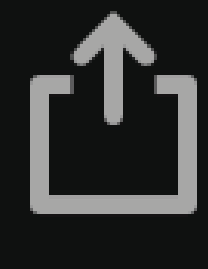






UNPLUGGED: the lovely, the ugly
and everything in between

Episodes About More like this

All Episodes • Newest





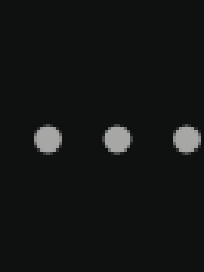
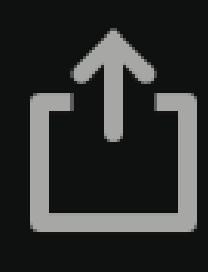





Most shared

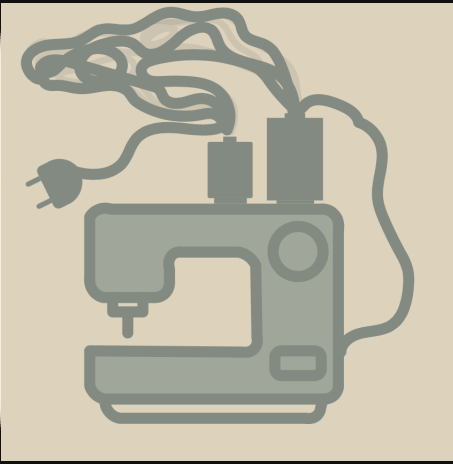
1. Mental Health vs. Social Media

Mental Health has rapidly been declining among the American society since the start of the century. Meanwhile, technology has progressively advanced. Are these two statistics directly related? Or is it chance? Let's chat!

Nov 6 • 45 min










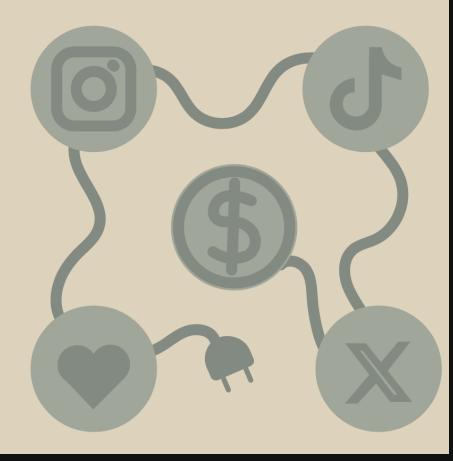
2. Environment vs. Social Media

It is no secret that the rise of fast fashion has dramatically impacted our environment in a negative way. Is overconsumption stimulated by media? Or can we rather use it to promote sustainability? Let's chat!

Nov 2 • 32 min







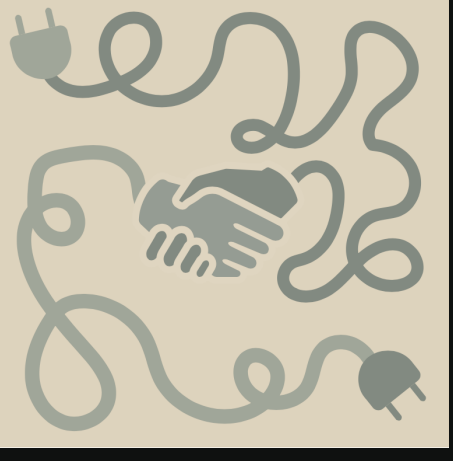
3. Career vs. Social Media

Becoming an influencer is accessible and rewarding at what cost? Is this path sustainable and healthy? Let's chat with a well-known influencer, Chloe Pearl about her experience on social platforms!

Mon • 36 min







4. Communication vs. Social Media

Covid-19 has taught us that social media can be used for close relationships and connections with our loved ones. But how healthy is this form of communication? Let's chat!

Nov 9 • 45 min



Где ты, где я • Timati, Egor Kreed

emotional support



Home



Search



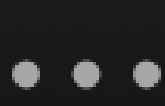
Your Library



UNPLUGGED: the lovely, the ugly and everything in between

☆ 4.4 (1.6k) • Society • Psychology

Follow



Introduction by Chloe Pearl and Nastasia



TRAILER

8 min

Episodes

About

More like this

4.4 ☆ (1.6k)



Society

Psychology

In today’s world, most people can’t go a day without their electronics. Is it progressive or degressive? In this podcast we will be discussing the pros and the cons of social media and it’s impacts on our daily life. Our platform consists of four different episodes in which we will be discussing the effect social media has on our mental health, our environment, our careers, and our communication with one another. The aim of this platform is to educate people on the harm that social media can bring to them if they are not careful about their use. Our goal is not to discourage our listeners from their daily use of social platforms, but rather to make them self-aware of their use.



Где ты, где я • Timati, Egor Kreed

emotional support



Home



Search



Your Library