



THROUGH THE SCREEN: LIFE IN THE DIGITAL MIRROR



my

1 INTRODUCTION

SOCIAL MEDIA HAS BEEN A DOUBLE-EDGED SWORD IN MY LIFE! A SPACE OF CONNECTION AND EXPRESSION BUT ALSO A SOURCE OF ANXIETY AND SELF-DOUBT.

IT'S WHERE I BUILD RELATIONSHIPS, EXPRESS MY THOUGHTS, AND EXPLORE MY IDENTITY, YET IT'S ALSO WHERE I STRUGGLE WITH DISTRACTION, COMPARISON, AND INFORMATION OVERLOAD.

THIS PERZINE IS A REFLECTION ON MY EVOLVING RELATIONSHIP WITH SOCIAL MEDIA, AND HOW IT HAS SHAPED MY HABITS, MY SENSE OF SELF, AND MY VISION FOR THE FUTURE



FRAMING MY DIGITAL SELF



SCROLLING THROUGH MY TIMELINE, I SEE FRAGMENTS OF MY LIFE: PHOTOS, STATUS UPDATES, AND CURATED POSTS THAT CREATE AN IMAGE OF ME THAT FEELS BOTH REAL AND UNREAL. SOCIAL MEDIA HAS BECOME A MIRROR, REFLECTING NOT JUST WHO I AM BUT WHO I WANT TO BE.

DO WE SHAPE OUR SOCIAL MEDIA PRESENCE, OR DOES IT SHAPE US?!

I HAVE CURATED MY FEED TO REFLECT MY INTERESTS, MY WORK, AND MY JOYS, YET I OFTEN WONDER HOW MUCH OF THIS IS AUTHENTICITY, AND HOW MUCH IS PERFORMANCE?

MY MORNINGS START WITH A QUICK GLANCE AT MY PHONE. NOTIFICATIONS, MESSAGES. SOCIAL MEDIA IS EMBEDDED IN MY DAILY ROUTINES, FROM STAYING CONNECTED WITH DISTANT FRIENDS TO FINDING INSPIRATION FOR MY CREATIVE PROJECTS.



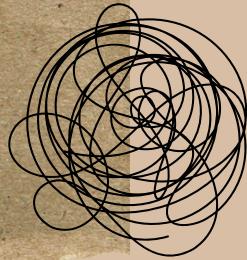
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BETWEEN CONNECTION AND OVERWHELM

SOCIAL MEDIA MAKES ME
FEEL BOTH CONNECTED
AND DISCONNECTED.



I CAN SHARE MY THOUGHTS
WITH THE WORLD INSTANTLY.
I'VE MET PEOPLE WITH
SHARED INTERESTS, AND I'VE
FOUND A VOICE IN DIGITAL
SPACES.



THE NOISE, THE NOTIFICATIONS,
THE ENDLESS NEED TO STAY
UPDATED! IT'S EXHAUSTING.
THE PRESSURE TO BE
AVAILABLE, TO RESPOND, TO
POST, IS A CYCLE THAT CAN
FEEL INESCAPABLE.

HOW DO I CREATE
BOUNDARIES THAT
ALLOW ME TO ENJOY
THE BENEFITS WITHOUT
THE BURNOUT?



SOCIAL MEDIA
KEEPS ME
CONNECTED TO
THE WORLD, YET IT
OFTEN LEAVES ME
FEELING DRAINED
AND DISTANT
FROM MYSELF.





AS I NAVIGATE SOCIAL MEDIA, I'VE BECOME MORE AWARE OF THE ETHICAL DILEMMAS IT PRESENTS:

DATA PRIVACY

WHO OWNS MY DIGITAL FOOTPRINT?

EVERY TIME I POST, LIKE, OR SEARCH, I LEAVE BEHIND A DIGITAL TRAIL. SOCIAL MEDIA PLATFORMS COLLECT MY DATA—WHAT I ENGAGE WITH, HOW LONG I STAY, AND EVEN WHAT I TYPE BUT DON'T POST.

SCREEN TIME

AM I PRESENT IN MY REAL LIFE?

I OFTEN CATCH MYSELF MINDLESSLY SCROLLING WHEN I SHOULD BE FOCUSING ON WORK, CONVERSATIONS, OR EVEN REST.

ACCESSIBILITY

WHO GETS LEFT OUT OF DIGITAL CONVERSATIONS?

ALGORITHMS FAVOR CERTAIN VOICES WHILE SILENCING OTHERS, SHAPING WHAT PERSPECTIVES ARE HEARD.

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THE FUTURE OF MY DIGITAL SELF!



I MUST LEARN TO CONTROL RATHER THAN LET SOCIAL MEDIA CONTROL ME.

I ENVISION A FUTURE WHERE I USE TECHNOLOGY INTENTIONALLY, MINDFULLY, AND CREATIVELY.

THIS RAISES A BROADER QUESTION: CAN TECHNOLOGY EVER BE FULLY CONTROLLED, OR IS THE RELATIONSHIP ALWAYS SOMEWHAT RECIPROCAL, WITH DIGITAL PLATFORMS INFLUENCING EVEN THOSE WHO SEEK TO USE THEM MINDFULLY?

I ENVISION A HEALTHIER RELATIONSHIP WITH SOCIAL MEDIA BY USING IT MORE INTENTIONALLY, REDUCING SCREEN TIME, AND FOSTERING AUTHENTIC INTERACTIONS. INSTEAD OF MINDLESS SCROLLING, I WANT TO ENGAGE WITH CONTENT THAT ALIGNS WITH MY VALUES AND GOALS. SETTING BOUNDARIES, LIKE SCREEN-FREE HOURS, WILL HELP ME FOCUS ON MEANINGFUL ACTIVITIES. I ALSO WANT TO PRIORITIZE GENUINE CONVERSATIONS OVER PASSIVE CONSUMPTION, CREATING A MORE BALANCED AND FULFILLING DIGITAL EXPERIENCE.



HEALTHY RELATIONSHIP WITH SOCIAL MEDIA:

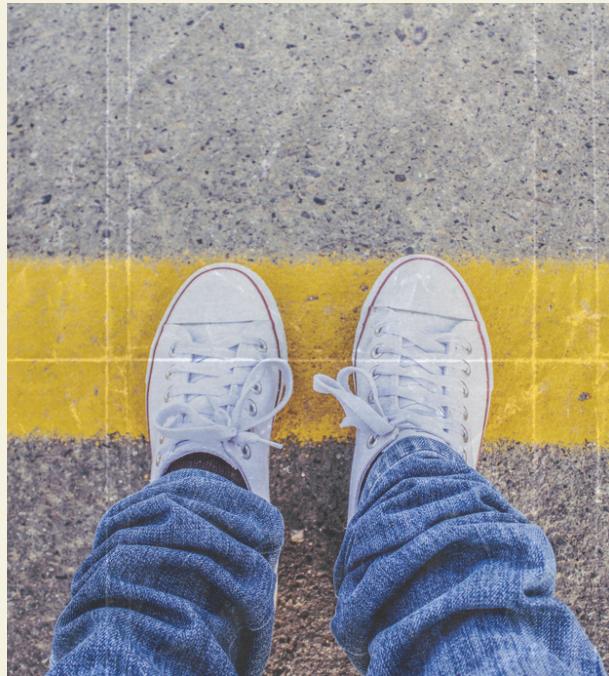
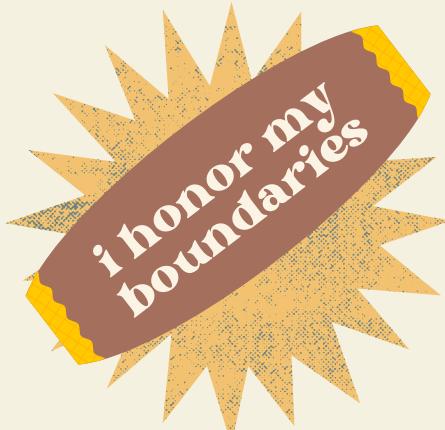
MORE CONSCIOUS ENGAGEMENT.

MORE TIME AWAY FROM SCREENS.

MORE SPACE FOR REAL, UNFILTERED SELF-EXPRESSION.

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R EFL ECTION



I'VE REALIZED THAT SOCIAL MEDIA IS NOT INHERENTLY GOOD OR BAD—IT'S HOW I USE IT THAT DEFINES MY EXPERIENCE.

MOVING FORWARD, I AIM TO BE MORE PRESENT, TO SET BOUNDARIES, AND TO ENGAGE WITH TECHNOLOGY IN WAYS THAT ENHANCE, RATHER THAN DETRACT FROM MY LIFE.



THANK YOU FOR READING! YOUR
VOICE MATTERS!

WHAT'S YOUR RELATIONSHIP
WITH TECHNOLOGY? DO YOU
CONTROL IT, OR DOES IT
CONTROL YOU? SHARE YOUR
THOUGHTS IN THIS SPACE.

