

TOPIC OF THE MONTH- AUGUST

THIS MONTHS QUESTION

How does social media rewire our brains?

OVERVIEW

Social media is designed to capture our attention. Every notification, like, and new video activates parts of the brain involved with rewards, motivation, and our habits. While these platforms can help us connect with others and discover new interests, they can also make it difficult to put our phones down and focus on other parts of life. This discussion will be about how social media influences the brain, why we think it can feel so addictive.

DISCUSSION QUESTIONS

- Why do you think it's so hard to stop scrolling?
- Have you ever picked up your phone without realizing it?
- Do you think social media companies have a responsibility to reduce addictive features?
- What habits help you stay in control of your screen time?
- What apps make you feel the most addicted?
- What measurable steps can you take to prevent this rewire?

MONTHLY CHALLENGE

Turn off all of your non-essential notifications for three days:

- track how often you check your phone
- see if you feel less distracted
- pay attention to what changed throughout these three days