





# How to stay focused and not get lost on social networks



### A definition

The large use of digital devices and social media affects attention span. In this sheet, we will propose some techniques to stay more focused and avoid being hypnotised by social media.



### Why is this important?

Social media have a big distracting power as they aim to keep the users on their platform for as long as possible. Notifications get in the way of focusing on tasks, and scrolling tends to make us sadder, not happier. For these reasons, it is important to make students (and teachers) aware of ways to reduce the distraction potential of social networks.



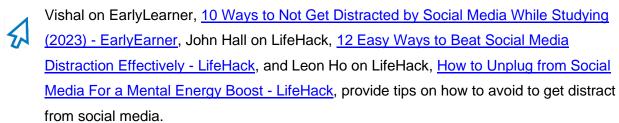
## Tips and tricks



- Try timeboxing or decide when to take a break and use social media.
- Keep track of your screen time as to be aware of the time spent on social media.



#### **Useful resources and tools**





Baptist Health, <u>How Social Media Affects Attention Span - Baptist Health</u>, explains how social media affects the attention.



Noiseme on Medium, <u>Scrolling to Sadness: The Impact of Social Media on Mental Health and Well-being | by Noiseme | Medium</u>, explains the impact on social media on mental health.

