

The Counseling Center

Let's
Talk

Scroll into the Present

In the digital age, we are inundated with media images and messages about current events, pop culture, changing political landscapes across the globe, and/or moments from last night's party. These messages impact our experiences in a variety of ways - offering a moment of laughter, connecting us to friends, increasing our knowledge about areas of interest, or stoking self-doubt and low self-esteem as we compare ourselves to the images we see on the screens. Researchers have found that increasing trends in media use can impact attention, academic performance, and emotional well-being (van der Schurr, Baumgartner, Sumter, & Valkenburg, 2015). And, perhaps more subtly, playing with apps on our phones, browsing multiple internet tabs on our computers, and checking for texts and "likes" can take us out of the present and away from connecting with the people and experiences around us. So how can we take a break from media use and/or engage with media outlets in a way that helps us connect to the "here and now"?

- Reach out to the friend or loved one you've noticed on Facebook or Instagram before scrolling;
- Designate certain times of the day for phone use;
- Turn off your phone's ringer and app notifications;
- Try a mindfulness app like Calm, Stop. Breathe. Think, or Headspace;
- Let technology help you manage media use. Activate app and screen limit options on your phone or computer;
- Allow for a moment to reflect on the ways media has (positively or negatively) impacted your life.

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www.loyola.edu/counselingcenter/graduatestudents

To make an appointment or for more information about our services call: **410-617-CARE (2273)**

Where to find us: Stop by our office in Humanities Center 150, on the Evergreen campus.

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