

Series 2 Social Media_mixdown.mp3

Intro [00:00:03] This podcast is brought to you by the University of Aberdeen.

Bekah [00:00:09] Hello and welcome back to our BeWell podcast. I'm Bekah Walker your host and I'm joined here by a new panel of guests for today's episode, where we will be discussing digital wellbeing and how to deal with the pressures of social media. So before we start our discussion, I'm going to go around each of you guys to introduce yourself to our listeners telling us who you are and what you do here at Aberdeen.

Namrata [00:00:30] OK. Hi, I'm Namrata Labroo, and I work as a counselor at the university's counseling service and have been here since 2018.

Orna [00:00:40] Hi, I'm Orna I study medicine and I'm in third year and I'm from Lincolnshire in England.

Ottilia [00:00:46] I'm Ottilia I study English with creative writing and also I'm a fourth year student and I'm from Finland and Luxembourg.

Bekah [00:00:55] For many of us, social media has become a huge part of our lives. It's a place where we can connect with each other and can access news and information. There can be many advantages with the use of social media, but the constant pressure of always being switched on can also be detrimental to our well-being. So how do you guys feel that social media affects your well-being thinking either positively or negatively? Or maybe it's a combination of both? How do you guys feel it affects you?

Orna [00:01:24] I think like it is really good like I use it to keep up to date. Keep up to date with my friends. Like obviously all my friends live far away from me, so it's really good from that point of view, like I can speak to my family through it. It's good for information like reading the news and like keeping up to date on like stories going on around the world. But then also it does like pose a big risk to, I think, many people's mental health, like including students, um due to like unrealistic standards which are promoted through it. So I think it is kind of like a mix of pros and cons. That's what I find with it anyway.

Ottilia [00:01:57] Yeah, I want to continue with like the positive stuff that it's a really good way to like, connect with people who might live really far away. And I've personally met a lot of friends online, like I've been on like different like fandoms or like different sites, and I've really made friends that are like lifelong. I even met my girlfriend on Stan Twitter. So obviously, like I have experienced the positives of social media very, like, well, but then again, there have been negatives which have also led me to like, leave Twitter or like leave Tumblr or whatever because they were just like too much for my mental health, mental health, like including like just feeling not good enough for like anyone. I don't, like. It's just, I don't know, it's just. I'm rambling here, but like, I have felt like not good enough because I didn't have the prettiest notes or I didn't study correctly. I didn't spend eight hours a day studying or I wasn't pretty enough for like to be on Instagram. I was like, just like stuff that just impacts you in like little ways. And then it becomes like a snowball, and then you just feel horrible all the time.

Namrata [00:03:11] Yeah, no, I agree, I think a lot of things that you get from social media, I would think like I'm in my 40s, but I would think, I wish I had that when I was at uni. You know, there are a lot of things there are a lot of positives, especially new careers that have, you know, these influencers and all these things. They were not even names you

would have heard of 15, 20 years ago. So it has given rise to all those careers. And of course, the, I think there's a huge advantage of like minded people finding a way or finding that sense of belonging because, you know, if you're living in a small place or a small community, it's very hard to find. It's easy to feel that I'm not a part. I don't belong here. I don't connect with most of the people here, but social media, you can find your place. And I think that that, you know, that helps and that a lot of these creative inspirations that you see, you know, places like Pinterest and all that you could see, you can get all those creative inspirations and like I say, I think, I think it's an easier way for communicating for introvert people as well. I think because it's easier to put yourself out there when it's that barrier of social media instead of going out and meeting people. Of course, it's got lots and lots of positives. But I think like everything, a lot of negatives as well, and I think it's about balancing the two. You're putting yourself out there to be judged, you know, and you're constantly waiting for that likes and wanting people to like you for whatever you've posted. Of course, that will cause the anxiety. So the pressures and because you're always connected, I think that's the worst bit I find personally. You're on WhatsApp, you are available every time. Sometimes I don't want to connect, you know, just shut down. Just don't want to see. And I've got a teenage daughter who feels that it's more of a it's a formal thing as well. You know, you need to check what's happening on the WhatsApp groups. You feel that I would miss out on a conversation if I'm not constantly checking what's going on there. So for those, so it's quite a balance between the two.

Ottilia [00:05:08] I want to add here like, to the point about like being connected all the time like but people think that you are available like every hour of the day, and I feel like that is something that people actually don't think about that much, like social media pressures to actually be connected all the time and like, be reachable when in fact, like there are sometimes times I just want to be by myself, I don't want to talk to anyone. And there's like always constant like, I don't know about you guys, but I always have a conversation going with someone or like multiple people that we might continue for days and days and days. Like somebody sends a message like one day and then a couple of hours later, the other person replies, and then it just continues for like weeks. The same conversation. And you're like, it never stops. You're always in the middle of a conversation. I feel like that's something that I've started to like. Think about that. I don't need to respond immediately to people, like I can wait days, like they can live without my input on, like the most meaningless things.

Orna [00:06:09] Yeah, and it's also just, it's not even just messaging like even like posting on Instagram and things, like if someone doesn't post in a few months, like everyone's secretly thinking, oh, what are they up to? Like why are they not posting, like there is just a pressure to constantly be online, and it's just really quite difficult if you're not feeling your best like, be able to smile and post just like an Instagram photo as if everything's just going great. So it's actually a big pressure.

Ottilia [00:06:33] I feel like there's also this pressure to be interesting. Not necessarily like perfect, but like pressures to have like, do interesting things and like, like be part of interesting like, like, I don't know, things like you have to like, always do something that is more interesting than the last thing you did like, you have to now do a bungee jump and next time you have to go to space because people expect that you will always up yourself in like the grand scheme of things.

Namrata [00:07:03] Yeah, I think there's that constant pressure to let people know that I'm doing something fun that that you feel that to post stuff online. I mean, you could be having

a normal life, but that's not OK because that's the pressure because everybody else is posting. So you feel the constant pressure of I need to post something fun.

Bekah [00:07:22] Yeah, I completely agree, like I follow. I'm quite into it fitness, and I follow a lot of social media influencers who obviously are into fitness, who are personal trainers, etc. And sometimes the pressure of even who you follow as well, although you're maybe following them for a positive reason. So you're following them for exercise tips or whatever you are following them for, that can have a negative effect on your wellbeing because sometimes you, you know the way in which a picture is taken can make someone's body appear, um, I would say, maybe better is not the right word, but the appearance is different to what they would be in real life. So you can take a picture at a set angle to make yourself look skinnier or, you know, highlight the areas of your body which you want to stand out. And that type of thing can also bring pressure. I feel to, oh, I'm not working out well enough because my body doesn't look like that, as well I feel that that brings so much pressure. But again, I think you guys are right as well in terms that there, that there is a lot of benefits to social media as well. That, I have a lot of family that don't live in the UK. So like without social media, I feel like I would miss out on a lot of like the picture sharing and really just ultimately knowing what they get up to. But I totally take on board what you guys were saying as well about always trying to, like, do something better and am I interesting enough and that really is so interesting to hear, hear people say that because I think that's something that so many people will think about. Like, I certainly know if I'm posting like an Instagram Story or whatever, it won't just simply take me like two minutes to post it like you'd stress over. Oh, is that the right text? The right font? The right angle is, yeah, you totally stress about that. And ultimately, no one else is really going to think much of that apart for yourself. But yeah, you want to get that engagement, you want to get those likes and yeah, appear interesting. And so it's, it's so interesting to hear other people think in the same way as which probably the majority of us do.

Orna [00:09:36] And just going back to what you said, Rebekah, about like fitness, like, I'm kind of the same. I'm quite into fitness, but another like damaging thing I see on social media all the time. I don't know if any of you guys have Tik Tok, but people posting their like, oh, what I eat in a day, and they're literally just the most unrealistic things that you've ever seen. And just so like, they're just under, under nourishing their bodies. And it's just like being publicly displayed to like young girls, which I just think is just so damaging. And that's just a big risk of social media. From what I've seen.

Namrata [00:10:06] Yeah I think it's the whole sense of feeling unsatisfied with your own life. And I think that's that's the basis, whether it's your body or whether it's the food you eat or whether it's people going on trips. And, you know, whatever your feeling is, is my life is obviously not that great. So it's a general feeling of dissatisfaction with your own, even if it's like normal. And then there are obviously those self-esteem issues that start coming with the body and then with the money social comparisons. You know, you see all these people having beautiful houses or beautiful trips and cars and things being posted or like. There's that, like you said, I think a general dissatisfaction with your own life.

Ottilia [00:10:46] I like what Orana said about like seeing what people eat and stuff like, when I was way younger, like 13, 14, I remember I fell so bad into the trap of like watching influencers and like all these pretty people like, show what they're eating. And it was always way less than I ate. So I felt so bad that I was eating all this food, and it was not pretty like I had to, like every meal you see, especially on TikTok, they're always so beautifully like presented and they just look so nourishing. But when you eat it yourself, it's not enough energy to keep you going. And personally, like I also do quite a lot of fitness. I

need so much food like it's not just like eating one salad for lunch, and then I can continue until like at 9pm in the evening and then I eat one granola bar. No, I need like five full meals a day. And that's like, that was so damaging to me when I was younger. Seeing like all these like really skinny people eating little amounts of food when that's just not the reality.

Namrata [00:11:50] I think that's that's true because most of it is unreal. A lot of things that you see the not the reality. I'm sure the people are posting. It also may not be eating exactly that. That is for posting. And then they might be eating something else because you don't know that.

Ottilia [00:12:05] Yeah, no, definitely. It's probably just like the one occasion where they have to showcase all the like, the pretty stuff they do and then the rest of the time they live, just like everyone else.

Orna [00:12:18] It's also like, yeah, it's also like I wouldn't be able to get through my day on what they're doing, like the excessive exercise and like that kind of like thing that they get into, like you can't live your life like that. Like we have to study, like we have to like do things in our in our lives. We need to like, actually look after ourselves properly to be able to do that. So like being able to like, look at social media and think, OK, that person's doing that, I'm not going to let it affect me. It's just actually really important.

Ottilia [00:12:41] And even with the studying, like some people like obviously like study influencers like study Instagram accounts are a thing. And they also like they always have these like really pretty notes they've taken during like lectures, and then they study for eight hours a day in like the prettiest libraries or whatever. But then it's, that's not the reality. Like, personally, I can't do the pretty notes because it just I focus on the prettiness and then I forget what I'm like studying and stuff. So there's like every single thing you ever have like that can be made into something that you can feel bad about, like you can feel bad about everything in your life. Like there is no limit to that.

Bekah [00:13:25] Yeah, definitely, and I think as well like even talking about studying social media can also be a distraction. I don't know how many times you guys might feel but I know that I certainly do like if I'm struggling a little bit for motivation or, you know, struggling to connect with what's being taught. You can find yourself scrolling on Instagram, Facebook for hours and hours and hours when you should have been spending that time being productive and doing your uni work and listening to to your lectures. And if you are feeling that you weren't being productive and you were struggling for motivation, there is better things that we could be doing with our time than sitting scrolling through social media and feeling bad about ourselves. I suppose it can be a bit of a vicious circle. And it's, I suppose, it's often seen as a place where people, for want of a better phrase, like show off their lives. And especially, we've kind of spoken about this already, but especially if you are having a low mood day, it does just make you feel like, oh, like, I'm not achieving enough. My life isn't exciting enough or like, what am I even doing with my life? Like, I'm just not good enough. So do you guys feel pressure to portray the perfect life affects how and what you post? And do you think affects like who you follow? Do you potentially unfollow people or yeah what do you guys think?

Ottilia [00:14:45] Well, personally, I don't, like I think, the perfect life. That's not something I feel like when I post online. That's not something I try to portray. Because, as I said earlier, I've been on Twitter and Tumblr since I was very young. And those are kind of sites where you can be like real, like you post all the like, darker, like the darker stuff there. And

that's like more of a personal diary than like the highlights reel of your life. So personally, I feel like I feel the pressure to be really, really interesting or like my sadness is better than your sadness or like really these very weird things. And like when it comes to people who I follow, like I usually try to follow people I know and people who I actually like know what they're in real life, but sometimes it's a bit hard again because they only post like the good stuff on Instagram and you can't see that they're actually just eating cereal at 11 p.m. and crying on a Tuesday night instead of actually like just going like on beautiful locations or whatever. So like, I feel like for me, the pressure is being really interesting or like, really? So like, I feel the pressure to be really relatable, but on like the esthetic level. Oh yeah. And being esthetic and being like again beautifully have a beautiful life. Not perfect, but like very esthetic and you have everything you do, which is sort of like revolves around one esthetic that you have chosen for yourself or like whatever.

Orna [00:16:19] I think the problem for me is like I can hand on heart, say, like, I'll post the best side of my life on Instagram, like I think it is so unrealistic because everyone does it like I just have to go into the mold and do it myself. But a big issue that I find is so some of my friends will post pictures of them smiling and having the best time at university meeting all these people. And then I'll speak to them a few weeks later when I go home. They'll have been having the worst time that they've been struggling, so much in what they've been doing. But I'll just have no clue. So I wouldn't be able to. I would have just reached out to them because I wouldn't have known and that I've been having such a difficult time, like I could have been there for them during that time. I've just gone off social media and seen that they- think they've been doing well and just like just being misconstrued. So I think that's a really important thing. Like, don't always think that people are OK and doing well just because they're posting like happiness and like great things on social media because you don't actually know what's going on in their lives deep down. So that's been really difficult for me. I don't know if anyone else has found that.

Namrata [00:17:18] I think that's the biggest danger of social media. I feel as a society it has taken us a long time to come this far where we can. We don't have to hide our feelings or insecurities or, you know, the worst sides of us. We, you know, it's not about when people say, you know, there was a time when society like it's all fine. Nobody would actually talk about their mental health or to talk about the actual feelings. We would all pretend that everything is fine. We have come so far as a society to be able to openly talk about these things the negatives, the insecurities, the mental health. But I think these things sort of send us a few steps backwards where we're doing the same things, but online we're pretending to be having these perfect lives when we're not. So I think that that's a huge huge negative as in we have worked so hard to reach here. And then we are putting ourselves backwards again because of social media.

Ottilia [00:18:14] I also feel like another side to having a perfect life is oversharing, like especially if you like share like the worst things in your life or the negative emotions some people might take it in a bad way and think you are complaining about your life, or especially if, like strangers follow you. Some informations are somethings that you should maybe not share online that you go to therapy like. It's obviously amazing thing to go to therapy. But sometimes the things that you talked about with your therapist are not things that you should like share online. And I know a lot of people who have fallen into like the trap of posting everything they do online, like they just every emotion they ever have. Like they will post it just to, like, have some validation of like other people and they will like, react to it. So there's like so many different sides like you do one thing and it's wrong and then you do another thing and then that's also not good for you.

Namrata [00:19:08] Yeah, but I think that could come from again, from what you were talking earlier about, you know, wanting to be interesting all the time, upping your game. So you know that I've heard enough that I need to put something negative and or whatever I'm feeling to get those attention and whatever. I think it's it's all to reach that level that there is nothing else to post. I might as well put in my emotions are negative ones as well.

Bekah [00:19:32] Yeah, I think it's the whole kind of Instagram versus reality. Like sometimes you see that hashtag used, and I always find it so interesting that we can't just post the reality photo we have to post the Instagram perfect photo. And I too am guilty for like being like, Oh, this would be good for my Instagram. Like if you know, if I'm out, I'll take a picture. And really, probably no one even really cares about it apart from me. But I just think oh it will look good like on my feed. And I think it's really similar to what you were saying as well earlier about people portraying that they're having like having a really good time. One of the things I find is like over the festive period, there's always so many pictures of people having nights out and like, they're really amazing, like Christmas meal and all that type of stuff. But actually, like they might not have had like the best Christmas and like because one person so maybe one person on your feed like posts it. So then that inspires the next person to post. So before you know it, like your whole feed, is everyone having the most amazing time over Christmas. And it's just kind of been a knock on effect. But in reality, maybe these people haven't had like the best Christmas at all. And it's it's so, so difficult because, as you said, then you wouldn't know to then reach out to that person. But I also think on the other side that social media has become a place where it can be quite empowering as well, so people can share some personal stories or, you know, certainly in terms of raising awareness about mental health. It's so it's can be really great. So hearing someone's story, I guess, and making you realize yourself that you're not alone either if you're struggling with feelings like that. So there's there's there's so many different sides to the coin with social media, and I feel like if we could use it as a place to empower people rather than a place to pressure people, then like, what an amazing society we would live in.

Namrata [00:21:32] Well, you're right, like it's about creating awareness campaigns. It can be used for so many positive things. And to be honest, I think it is being used for a lot of positive things. It's not that it's not, it's just that it comes with all the negatives as well.

Orna [00:21:48] Yeah, I think it's all about just tailoring you're like, what you're seeing through your feed. So only following influencers who, you know, like, empower you, like, share the same message as you. Unfollowing people who like, make you feel bad about yourself. I know it's really difficult. Like I'd say, I'm guilty of myself. Like, I keep following people, even if they're like damaging my mental health, I just keep following them because I am interested in their lives. But being able to, like only follow people who actually like, empower you is just probably a really good thing to do.

Bekah [00:22:16] Yeah, and that's kind of actually what I want to speak about next because we have spoken about the pressures of social media and how it can impact your life. But I also just wanted to touch on spotting the early signs that maybe we are becoming a little bit too invested or it is being damaging to to our our mental health. What are some of the early signs that we could look out for? And do you have any tips for our listeners who are maybe struggling a little bit with social media and the pressures that come with it?

Ottilia [00:22:46] I want to ask first, do you guys get like brain fog when you scroll for like a really long time, like the next thing you do, it's just like nothing's going in there. And then

you probably don't even remember what you've seen, especially on Tik Tok when you've just seen, like hundreds of videos then you don't remember any of them because that's something like, I feel like I've had enough of social media is when I get really bad brain fog to the extent that I can't do my uni stuff as I know that that's the point when I need to get, I need to get away from social media and I need to probably also delete it from my phone is when that starts to happen. But that's I think that's a bit different than like social media anxiety. But then again, I think the brain fog also leads to anxiety because then you can't focus on the things that are important and stuff like that.

Orna [00:23:41] I think just like I don't know about you guys, but I literally rely on my phone for everything like I have my phone as my alarm. I have it as my notes, like I have everything on my phone. So like recently, I just got an alarm clock because every morning I just turn my alarm off and go on social media and now I've got my alarm clock. I just turn my alarm clock off. The first thing I do is not go on my phone. So like just making little changes like that actually really help with just not scrolling endlessly like all the time.

Ottilia [00:24:06] I have also done this thing that I've hidden all the social media apps from my like home screen on my phone, and I have to like specifically search for them if I want to use them. And that has really impacted the amount I use like, let's say, Instagram, because I have to like actively be like, Oh, I need to go on Instagram rather than just like being passively on my phone. And then I just click on Instagram because that's the only thing I have there. So I think that's also a good tip if you really struggle with, go like spending time on actual things. And you just scroll instead.

Namrata [00:24:41] I think the early signs are pretty much similar to any addiction, to be honest, that when you give in to the urge rather than a planned. So if you know it's like alcohol, if I plan to drink or I'm, I'm giving in to the urge of drinking I need it rather than I plan to. If I plan to go on social media. I think having timed social media would really help because then you know that you can stick to a time. It's not the urge of it. So you're not giving in to that urge. So the media, social media is not controlling you. You're controlling it. I think that's that's where the drawing line is that I am not being controlled by it while I control it myself. So I think timing it is another thing. But I think what another sign that I would say is if it started affecting your mood. I think that's a. Noticing and sort of recording, if it's your social media is having an effect on your mood, if you're having a low mood for a long time, are things like having anxiety for a long time, figuring out if social media might be the cause of that? I think that might be another way of sort of, you know, getting the early signs of.

Orna [00:25:56] I think like for me and for a lot of my friends, like a major source of anxiety, like FOMO, like fear of missing out, like if you see like people from your course all together, you're thinking like, Oh, like people don't like me, like, I don't have all these friends. So I think if you're seeing something like that on social media and it's causing you anxiety, like a good thing to do is maybe turn your phone off and go and speak to someone in your house. If there's no one in your house go and speak to a friend, just kind of get some interaction with someone. Um that's what I do anyway. Or just maybe go for a walk and get off your phone, because I know that can be like a big issue for people, seeing other people having the best time and thinking like, Oh, I'm literally sitting in my house by myself, like, this is really horrible, but just getting getting off your phone is a really good thing to do in that situation.

Namrata [00:26:35] Yeah, right. I think physical interaction or talking to other people makes such a big difference. And I think like we were discussing earlier it's about the more

you talk to people, you realize that you're not alone in this. You know, everybody is pretty much in the similar boat like you were talking earlier about, you know, even when I wouldn't have known that this person was upset because of the post that you saw on social media, they were not a reflection of what they were actually feeling. So I think the more we actually go and talk to people have a physical interaction, I think that would help us figure it out. We're not alone in this. Most of us are going through very similar sort of situation.

Otilia [00:27:12] I think also it's quite important to remember that FOMO is actually not real like you are. You might not have a good time if you hang out with those people or you might not actually like, it might not have gone that way. Like that was just one picture or one video that you see. It's not the whole situation. So I think it's really important to let go of like, or try to like actively think that FOMO is not real and try to just like be like, OK, I have myself, I have my own time and I can work with that like I can do whatever I want. Like, I can go outside, have a walk, I can knit, I can read or just like, go see friends like, that's also OK. To just like, go outside and be like, Hey, do you want to hang out without the phones obviously.

Namrata [00:27:55] It's it's actually quite harder in real life. You know, we all know for a fact that when we click pictures, we all put filters or we all know that they are not real. But when you see all these posts on social media, one after the other, even though logically, we are all aware that that's unreal, we know for a fact that there are filters you could clearly see it. It somehow just at that moment, it doesn't. It doesn't. A logical brain just doesn't work at that time. You just look at those pictures like, Oh my goodness, they're perfect. Their lives are perfect, the bodies are perfect. That eating and living perfect lives in spite of logically knowing very well that that's not true. It's very hard to keep track of that if you're constantly on social media.

Otilia [00:28:40] What I've actually done in that kind of situation, when it's really hard to like, realize that this is not real, this is not their lives, is that to actually just delete social media and be gone for like few months because I like with that time, you realize that you don't know what these people are doing, actually, because you don't see their posts. And then when you go back to Instagram, it's not as interesting to scroll down and you become much more critical of all the things you see. And I think it's just like, sometimes it's good for everyone to just take a step back and just do things just without your phone, like you did Orna with your alarm to like, wake up to an actual thing rather than a thing on your phone.

Namrata [00:29:23] Yeah, yeah, I agree. I think a digital detox sometimes when you know and you've figured out that that's that's enough i've had it i'm falling into that trap. I think it's a good idea to take that back step.

Otilia [00:29:35] And like with the FOMO, you don't feel it if you don't know about it.

Namrata [00:29:38] Yeah, that's true.

Orna [00:29:42] I think I don't know about you guys but a major cause of anxiety for like me and like people who are on my course and everyone who like is at university is people posting social media images of you that show you in a negative light. So like, for example, you can get like major professionalism, professionalism or like career issues. If employers see a post of you on social media that you might not have even posted that's been posted of you, that shows you may be like drinking or like doing something that is kind of frowned upon. So I think that's a major cause of anxiety for a lot of people I know, like being caught

on social media doing something that could negatively impact their career. And so I think that is something to bear in mind. Um all the time, obviously, sometimes it's out of your control and someone else is posting something of you. But it is an important thing to think about.

Bekah [00:30:31] Yeah, I would definitely say it's it's important to be mindful of of what you're posting because it, like you see you see all the time that some of these influencers have posted stuff, maybe when they were like 14, 15, 16 and it comes back to bite them 10 years later and so it's always really important to be to be mindful what, what, what we're sharing with and who we're sharing with. Like, sometimes it is better to have these conversations or whatever you want to share off with social media. And I think that that is quite important as we've kind of spoken about already and like deleting our social media apps, we can contact people that we're we're interested in and we have a connection with out with social media. So if I want to know what my friends are up to, I can send her a message. I can give her a call. I can catch up with her just because I don't see her on Instagram or Facebook or Snapchat or wherever, you know, social media that I'm using. She's still part, still part of my life. She's just not. I'm just not seeing all the updates. If that makes sense.

Ottilia [00:31:36] No, I sometimes I do think it's really nice to like, not know what your friends are doing and when you do eventually meet up with them, it's really nice to catch up on everything like everything they've done, like if they've had boyfriends or girlfriends or if they've, I don't know, graduated from uni. And it's really exciting to actually know that in person, rather than just seeing a post and being like, Oh, OK, I knew that you graduated. I knew that you broke up and there's nothing to talk about and like and that kind of way like, I mean, you see, especially like old friends, it's really nice to like, talk about those things and like, ask actual questions. So sometimes you don't even remember that they've graduated because you've seen it online and when you meet, you don't know about the actual process of graduating or whatever they were going through.

Bekah [00:32:21] Yeah, that's so true, because you could like pop a comment on their post like, congratulations and you actually forget to celebrate with them in person because you feel that you've already celebrated that with them and actually, you would both get more benefit out of, you know, meeting up together and really like embracing that milestone that they've just had and I really, really liked what you said earlier on Namrata about being in control. And I think that's a really important perspective as well, that it's your social media accounts and we do have control over over who are following. So if we do find that someone is having a toxic effect on our lives to to unfollow them, you can mute their posts. Also, I did find it. I find it really useful as well to put my phone on Do Not Disturb. I've got a lot of group chats that kind of have messages coming in really, really late at night, and it can affect my sleep. Like if my phone's on the floor and I'm in bed and you know, you hear your phone buzzing and then you will be like, Oh, what's that message? I better go and read it. So I got into the habit of turning my phone on Do Not Disturb. I think it's from like 9:30. So even though I might still be up and I still be like, just, you know, winding down. I'm not distracted by my phone beeping and going off all the time, and I think that's so important as well just to have that, that switch off time and that I don't feel like, oh, I've got an unread message there and the pressure that comes with, I better reply because you don't know it's there.

Ottilia [00:33:51] Even like one step further from having the Do Not Disturb because I realized it doesn't work for me because I will go in my phone and see that there are unread messages, even though it's on Do Not Disturb. So I just delete it like I don't see any

notifications on my phone unless I go and like, let's say, Instagram or Snapchat, like I only see them once I'm in the app. And that really helped, especially when I was like, like during lectures like I would not answer someone's Snapchat because it's not that important. So that's also a really, I don't know, kind of a big step to take, that you can't actually know if somebody has messaged you, but it has definitely worked. I'm not on my phone as much anymore because I don't know if somebody wants me.

Bekah [00:34:35] Yeah, and I think it's just about that balance that we were, that we were talking about before, and I think it's OK to change your routine. It's OK to have your apps there and be easy to click onto if that if that's what you want and that's what's working for you. But it is also okay to take a step back and remove those apps or, as you say, only get notifications, when you click into apps so I guess it is kind of doing what works for you and just recognizing that it is OK to take a break. And if you are feeling the pressure that you're not alone and that there is people around who you can chat to. Yeah, chat to people in real life. We've got a lot of support services available at the university for anyone who is feeling pressured or feeling isolated or alone. So I would definitely encourage people to reach out if they are struggling. And I hope throughout this episode that we have, you know, we've talked about things and I'm hoping that if you've got any listeners who are struggling that we have helped them and maybe given them some tips and help them to realize that there is other people there as well, and you know that they're not alone. So I would just like to thank you guys so much for coming along and sharing your experiences. It's been such an enjoyable episode, and it's such an insightful episode as well. I've certainly learned a lot and got lots of different perspectives. So it's been really interesting for me, and I hope it has been for our listeners. So again, I would just like to thank you guys and thank you to our listeners for tuning in. Take care and I'll see you next time.

Outro [00:36:05] This podcast is brought to you by the University of Aberdeen.