



19-05-2022

Coping Strategies During Virtual Times!

Screen Saturation & Your Mental Health

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Agenda

SCREENTIME

MENTAL HEALTH IN THE PANDEMIC

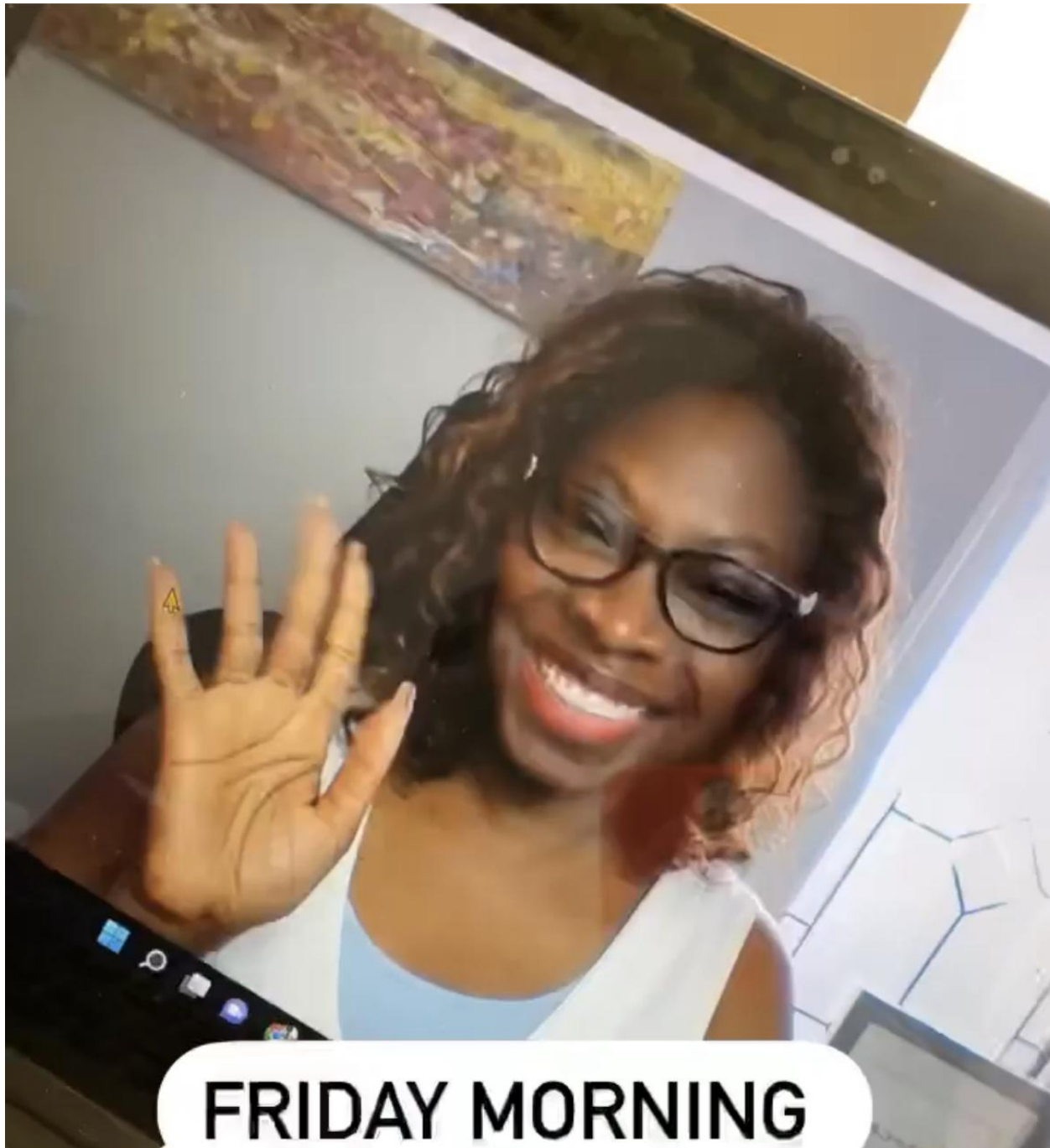
SLEEP & MENTAL HEALTH

ENTERTAINMENT

SELF CARE

Disclaimer

I am self-employed and receive payment for my teaching, writing, editing, and translation work. This includes speaker's fees, instructor's fees, and supplier contracts for work related to lactation paid by various clients. While I do not accept money or contracts from clients I know to be in violation of the International Code, I do not know of all the involvements of those for whom I work or whose research has contributed my thinking. I am receiving payment from La Leche League Canada for this talk.



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Delia Cai ✓

@delia_cai

another day of staring at the big screen while scrolling through my little screen so as to reward myself for staring at the medium screen all week

11:40 AM · 11/22/20 · Twitter for iPhone

15.3K Retweets 1,794 Quote Tweets 125K Likes



What Exactly is Screen Time?

the amount of time spent and the diverse activities performed online using digital devices¹...

Includes work, education, leisure & entertainment



Quick Poll...

- Do you check/know your own usage...?



- Are you surprised?



Why Has Screen Time Gone Up?

- Smart Phones
- Social Media
- New Apps (education, banking, shopping etc.)
- Streaming
- Fitness
- Video calls (Zoom, WhatsApp etc)
- Covid-19 Pandemic



Mental Wellness in Pandemic

Survey on COVID-19 and Mental Health (SCMH) indicate that one in four (25%) Canadians aged 18 and older screened positive for symptoms of **depression, anxiety** or **posttraumatic stress disorder (PTSD)** in spring 2021, up from one in five (21%) in fall 2020.²

- Social Isolation & Loneliness
- Job loss
- Relationship Changes
- Illness or threat of illness
- Changes in way of life

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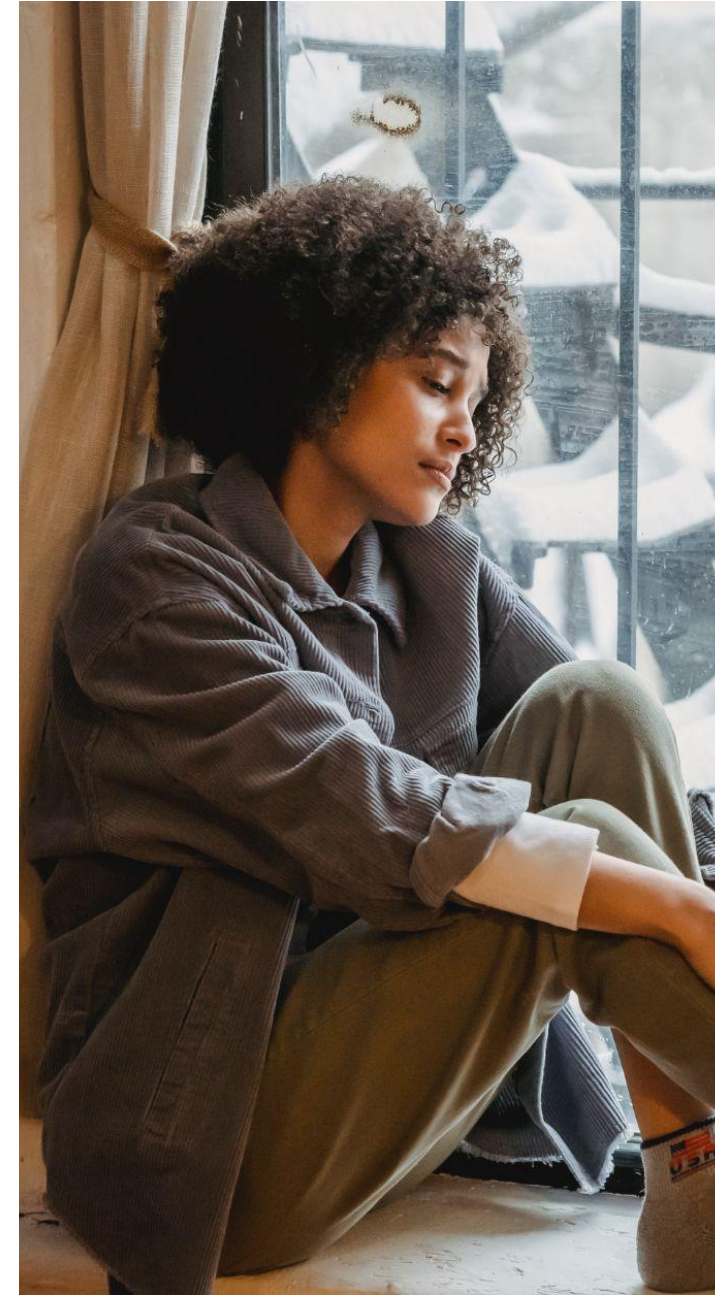
2: <https://www150.statcan.gc.ca/n1/daily-quotidien/210927/dq210927a-eng.htm>



Mental Wellness in Pandemic

- Anxiety
- Depression
- Psychosis

- Eating Disorders
- Bi-Polar Disorder
- Borderline Personality Disorder
- Schizophrenia/Schizo-Affective Disorder



Screens & Technology To The Rescue?

WORK FROM
HOME

VIRTUAL SCHOOL

ZOOM PARTIES

DR'S
APPTS

FUNERALS

VIDEO GAMES

MOVIES

SOCIAL MEDIA

24 HR NEWS



Mental Health & Screens 24/7

- Isolation
 - Highlighted loneliness
- Camera on/off
 - Highlighted inequality, increased anxiety
- Reduced empathy & social skills
- Increased anxiety, depression and esteem issues
- Irritability
- Lack of boundaries & stress/overwhelm
- Lack of physical activity
- Living a double life



Screens & Sleep



- Screens keep us awake
- Light, sound, brain activity
- As daylight fades, the body produces melatonin which signals sleepiness
- Difficulty falling asleep
 - reaching for the device
- Very little REM sleep

Sleep & Mental Wellness



- Lack of sleep = chronic stress & poor mental health
- 36% of Canadians have chronic stress due to poor sleep³
- 12% have a direct correlation to their poor mental health
- Concentration, decision-making, problem solving
- Brain processing and repair

Entertainment

Things to watch out for!

- Social Media
- Streaming (Netflix, Disney+ etc)
- Video Games
- Online Gambling

Revenge Bedtime
Procrastination



Selfcare

Tips & Strategies

- Move your body
- Meditation/Prayer
- Hydrate
- Reduce stress
- Set boundaries
- Strive for balance
- Community
- Journal
- Talk to someone
- Therapy
- See your doctor
 - medication?
- Manage sleep
- Less news





THANK YOU!



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