

Netflix or the News? A guide to mindful media



Chris Aiken, MD

sponsored by

Carolina Behavioral Health Alliance

BENEFITS ADMINISTRATION



mood
treatment
center

A person is shown in a dimly lit room, illuminated by a strong blue light. They are holding a smartphone up to their face, appearing to be taking a photo or video. In the foreground, the back of a laptop is visible, with the glowing white Apple logo centered on its lid. The overall atmosphere is dark and focused on digital device usage.

Limit screen time

Adults spend 11 hours a day on average engaged in screens

Are you sure you're still watching "House Of Cards"?

Continue watching

Back

Ideally....

1-2 hours a day of screen time

30 minutes a day of social media

What are you missing out on?

What are you doing on it?



Ideally....

Watch with intention.

Plan and anticipate the programs.

A photograph of a city skyline at dusk or dawn. A large, dark plume of smoke or steam rises from a building on the left side of the frame, partially obscuring the sky. The city buildings are silhouetted against a bright, hazy sky. The overall mood is somber and industrial.

Limit the news

especially the visuals



SUNDAY MORNING

Happy news

with
JANE PAULEY



Ideally....

**Creating, interacting, learning
Instead of passive**



**Move around
Stretch**

**Turn off the sound
on commercials**

Advertising causes depression



*Protein
World*
PURE PERFORMANCE

ARE YOU BEACH BODY READY?



THE
WEIGHT LOSS
COLLECTION™

MEAL REPLACEMENT & SUPPLEMENTS

Substituting two daily meals of an energy-reduced diet with a meal replacement, contributes to weight loss.



EXCLUSIVELY AVAILABLE ONLINE AT PROTEINWORLD.COM

Advertising causes depression

ENJOY
WHAT YOU'RE DOING



#everybodyready

EVERY BODY IS READY



THE BODY CONFIDENCE COLLECTION

THE BEACH DOESN'T JUDGE
Don't let insecurities destroy the beauty
you were born with.

People
come in all
different shapes
& sizes

Always
wear
sunscreen

Show your support -
share your pictures
#EveryBodysReady



Perfect
World
ZERO PRESSURE



SUPPORT THE CAMPAIGN AT EVERYBODYSREADY.TUMBLR.COM

Why (was) Bhutan one of the happiest countries in the world?



Advertisements create desires, which cannot be satisfied by people's current economic position," Phuntsho Rapten of the Centre for Bhutan Studies wrote. "Crimes and corruption are often born out of economic desires."



Social Comparisons Cause Depression

**Not fair-
Why her?**

**I'll never
get
there..**

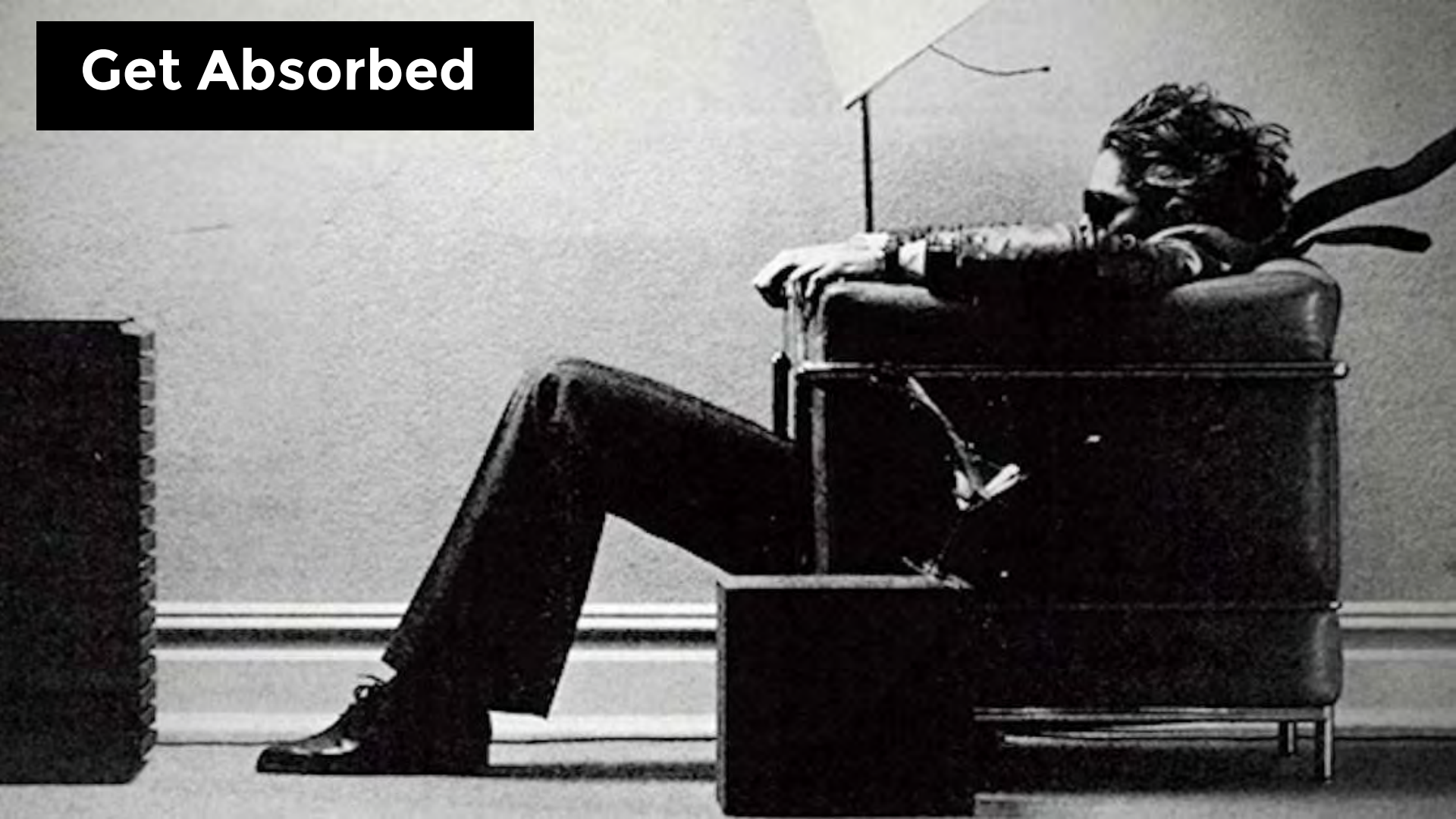
**It's so easy
for her**



A man in a blue shirt is seen from behind, sitting on a woven mat on the ground. He is looking towards a group of people in a village at night. The scene is illuminated by numerous torches held by the people and a large fire burning in a stone fire pit in the foreground. The village has thatched-roof huts and people are carrying items on poles balanced across their shoulders. The overall atmosphere is one of a traditional, possibly tribal, community.

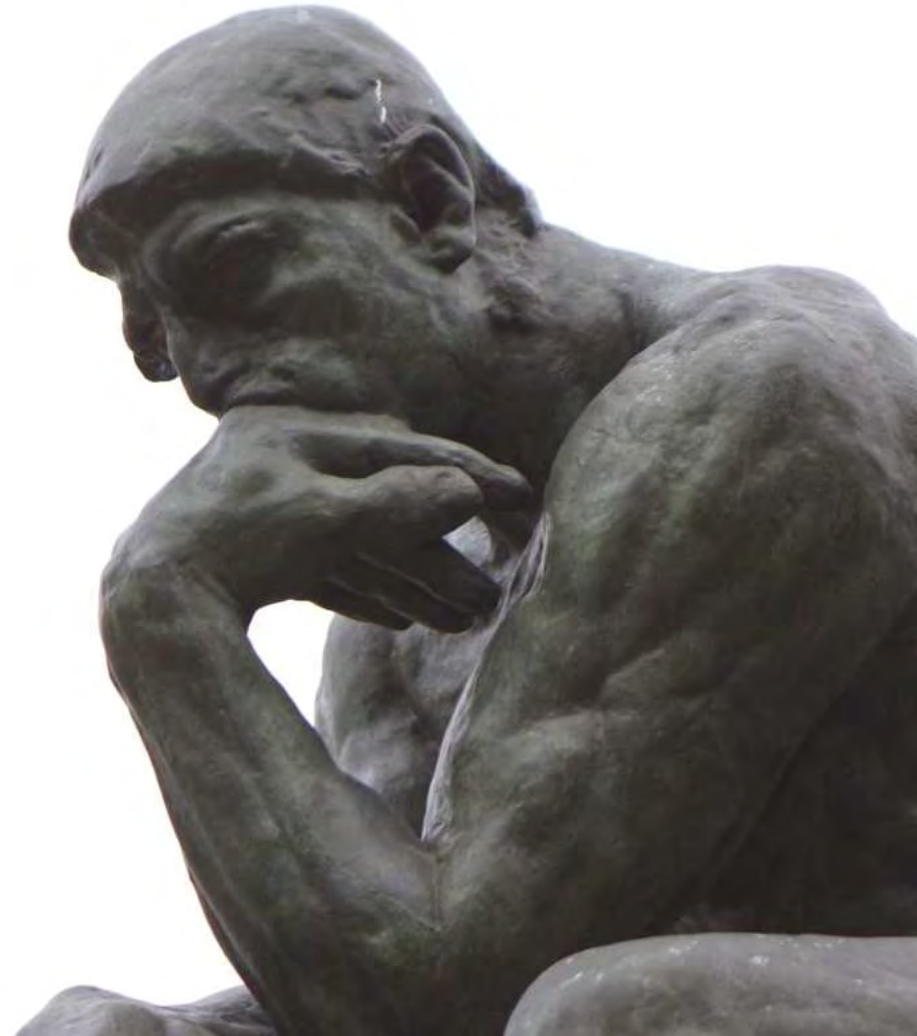
**Kicked off
the Island**

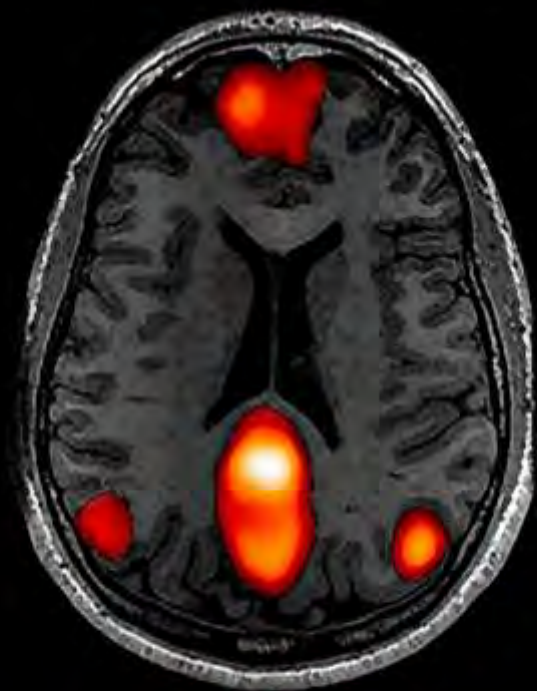
Get Absorbed



Rumination

Dwelling, brooding, worry,
obsessing, pondering,
over-analyzing, stewing,
“stinkin’ thinking”





PART 11
THE DEFAULT MODE NETWORK

When therapy gets you active, the default mode quiets down



Before therapy

After therapy

Randomized controlled trial of 5 sessions of Behavioral Activation Therapy in adolescents, n=40, Yokoyama et al, 2018

Engaging activity

- Conversation
- Sports, board games, puzzles
- Comedy, entertainment
- Researching
- Spiritual or religious activity
- Music or dance
- Art project, cooking, or knitting
- A warm bath
- Exercise, walking, biking
- A pager-turner



Engaging Activity

1. Time flies
2. Un-self-conscious
3. Challenging enough
4. Sensory involvement
5. Clear goals,
quick feedback
6. Slightly addictive
7. For the love of
the game
8. A higher cause




The image shows a woman with curly hair, wearing a plaid shirt, sitting on a wooden stool in a dimly lit room. She is looking down at a book titled 'finding flow' which is placed on an easel in front of her. The book cover is blue with white text. The background features a window with a bright light source, a laptop on a desk, and a dark blue sofa.

finding flow

the psychology
of engagement with
everyday life

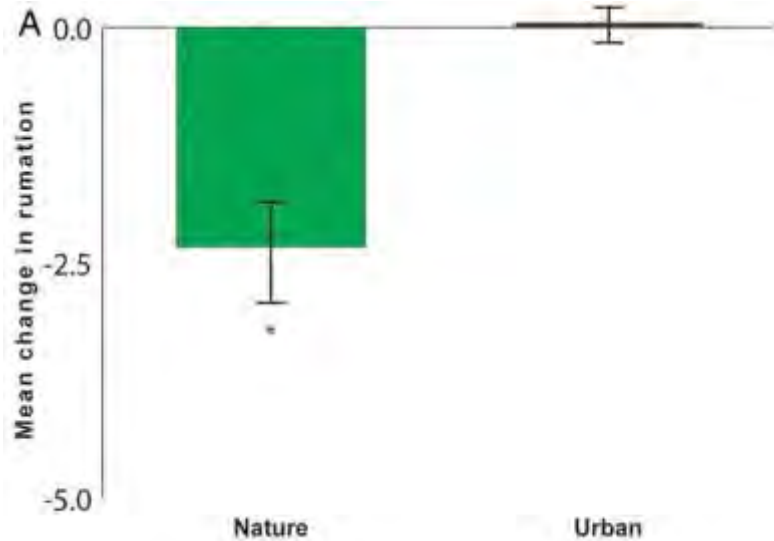
MIHALY CSIKSZENTMIHALYI
Author of *Flow: The Psychology of Optimal Experience*

A photograph of a dirt path winding through a dense forest. Sunlight filters through the trees, creating a dappled light effect on the path and the surrounding foliage. The trees are tall and thin, with green leaves. The overall atmosphere is peaceful and natural.

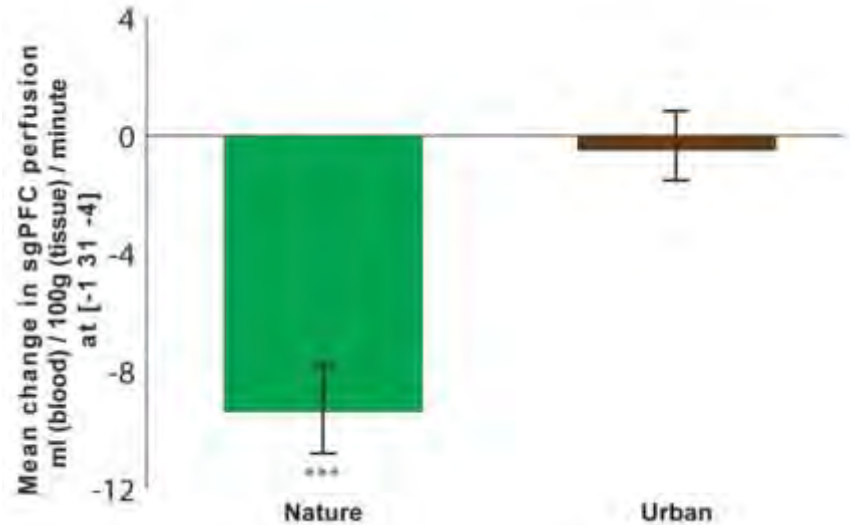
**A 90-minute walk in
the woods reduced
rumination more than
a walk in the city**

After a Forest Walk

Drop in Rumination



Drop in Default Mode



RCT of 38 healthy adults (Bratman GM et al, 2015)


the
depression
and
bipolar
workbook

30 ways to lift your mood &
strengthen the brain

Chris Aiken, MD

Read More

2020 book details 30 ways to
improve mood and sharpen the
mind (while staying at home)

A woman with blonde hair, wearing a white button-down shirt, is sitting on a white chair in a living room, focused on her laptop. In the background, a young boy in a white shirt and blue jeans is jumping on a bed with a yellow and white polka-dot blanket. Another child is visible in the background, and a dog is partially visible on the right. The room is bright with large windows.

Working from Home

12 ways to enhance focus and concentration

Fri April 24 12:30 pm Chris Aiken, MD with Valerie Vestal, PMH-NP
moodtreatmentcenter.com/webinars