



Name: _____

Did you know that everytime you receive an email, text, or notification on social media, our brain releases a drug-like chemical called dopamine? Healthy levels of dopamine allows us to feel bliss, pleasure, mental clarity, motivation, and euphoria. However, when we FLOOD our brain over and over with dopamine, we become resistant to it, the same way a drug addict always has to increase the dosage to feel a "high". When we are resistant to our healthy levels of dopamine, it makes us feel lazy, unenthusiastic, numb, and unmotivated.



Everytime we give in to checking our device or scrolling a social media feed, our brain releases dopamine. In fact, it's the same flood of chemicals that completing a task on your daily to-do list, or achieving a goal would provide. Most people check the media first thing in the morning, which floods their brains with chemicals so that they no longer feel the satisfaction of actually completing something important.

In fact, giving into ANY distractions provides a dopamine release in our brain. This is an evolutionary response to sudden dangers to give us a burst of mental clarity to help us survive. This is why today it is so hard to stay on task and accomplish goals. We often do not delay our gratification, which essentially turns us into addicts. We have unlimited access to multiple distractions at anytime, ESPECIALLY on the internet.

A different chemical called serotonin is released when we feel important, successful, confident, grateful, and accomplished. It keeps our mood happy, stable, and calm. Sunlight, healthy food, and exercise can help stabilize endorphin levels.

Your assignment is to do a 5-day "Media Fast". This will allow your mind to take a break from these things that we perceive to be urgent and important. Focus your energy on the people, places, and things that you have a direct influence on with your actions and your presence.

YOUR CHALLENGE- MEDIA FAST: Go 5 days without reading, listening to, or watching the news. Avoid surfing the web, social media feeds, or any websites that you feel compelled to keep scrolling. Avoid bringing your smart device to family or social gatherings. If you must use email, messenger, or text for work or school, use it for strictly that, and try to discipline yourself to 2-3 times in the day when you perform all those tasks. Limit your screen time (Videogames and TV) to 30 minutes to 1 hour a day for pleasure, and then find other things to do. If you need to keep in contact with someone, try using a telephone instead of facebook or twitter. Answer the questions on the back of this sheet before handing in.---->

1 2 3 4 5

Student Signature Date

Parent Signature (if under 18) Date

When was it hardest to resist the urge to check the media?

What did I dislike about the Media Fast?

What did I like about the Media Fast?

What things did I do instead of checking social media ?

Did I feel any different during or afterwards and how?