

Understanding... **Doom Scrolling** and its impact on self-confidence and belief.



In today's digital age, the term "doom scrolling" has become increasingly prevalent. It refers to the act of continuously scrolling through negative news, often on social media platforms. While staying informed is important, excessive exposure to distressing content can have detrimental effects on our mental health. This can compromise self-confidence, self-belief, and trust in others.

The Impact of Doom Scrolling



When we are bombarded with negative stories, it can feel overwhelming. That may lead to feelings of helplessness, despair and negative self-talk. Constant exposure to distressing news can skew our perspective by making it seem like the world is a more threatening place than it truly is. This can result in anxiety, stress, and a diminished sense of hope.

Increased fear of failure

Repeatedly hearing of stories of failure, disaster, unkindness, suffering and betrayal can undermine our belief in what we can do. It can also erode our relationships by increasing mistrust. Unjustified worrying about what could go wrong can leave us feeling frozen and inactive. Allowing fear to keep us hunkered down in our comfort zones keeps us from taking new actions that could go well.

Loss of Faith

Faith can mean many things to many people. Losing faith in something greater than ourselves can harm our wellbeing by stripping away a sense of purpose, belonging, and hope. Without this guiding belief and source of motivation, we may struggle to find meaning in life's challenges. This can adversely affect our emotional resilience. Doom scrolling not only robs us of faith in ourselves but also in each other and in the world we share.



Personal achievement



Doom scrolling can take us away from thinking about, and valuing, the positive parts of our own lives. It can shift our focus to bad and upsetting things going on elsewhere. These are usually things over which we have little or no control. We may even feel guilty that something nice is happening in our lives. Of course, we should care about the wellbeing and fate of others beyond our realm of influence. Yet, doom scrolling can leave us feeling powerless and demotivated. If we devalue our achievements, then the result can be feeling less capable to keep making a positive difference.

Losing trust and confidence in others



With an abundance of negative news, particularly about societal conflicts and human failings, we may develop a more cynical view of humanity. This can lead to expecting the worst in people and turning our backs of potentially wonderful chances to bring about much-needed changes for the better.

Isolating ourselves from others and the world around us

Doom scrolling can contribute to social isolation, as we may withdraw from social interactions due to feelings of anxiety and depression. This isolation can further erode trust in others, as we lose opportunities to build and maintain meaningful relationships. We may find we spend more time in a virtual world and become isolated from our real world. It is healthier to experience the joys of life fully. Isolation can make us less confident when we meet people and situations in real time. By contrast, positive engagement with the people and places around us promote confidence.

Striking a Balance

It's crucial to find a balance between staying informed about distressing world events and becoming overwhelmed by them. Here are some ideas to help reduce the anxiety caused by doom scrolling, they focus on still appreciating the beauty and joy in the world. Don't hesitate to seek help, if you're struggling with social media's impact on your self-esteem. This may include talking to someone you trust or seeking professional support.

- Limit screen time.
- Avoid late night scrolling, as this can have a negative impact on the quality of your sleep.
- Become Mindful of to what you are giving attention and priority.
- Follow positive accounts of what's also happening around you and unfollow those sources which are not helpful to your own wellbeing.
- Remember there is a life beyond social media. Start to reengage with the good things that exist in real life by connecting (or reconnecting) with kind and good people in real time. Find a healthy balance between the online and offline worlds. This matters for your mental wellbeing
- Find a way to relax, which is healthy and works well for you. For example, go outside, get some fresh air and be active. There is a life and a world beyond the screen that can enhance your enjoyment of life and restore your sense of the positive aspects of the world around you.
- Use grounding techniques to help stay in the moment and not feel overwhelmed.
- Look for joy in everyday activities, like a walk in the park or a friendly conversation or dance to or listen to a tune which uplifts you.
- Spend time on hobbies or activities that bring you happiness and fulfilment.
- Share your thoughts and feelings with friends or family. Sometimes discussing your concerns can help alleviate anxiety. Join a peer support group or a club where you can meet people with common interests.



- Engage with communities that focus on positive change. These are opportunities to get support, have fun together and feel hopeful about the future.
- Practice self-compassion and selfcare. Use a kinder inner voice . . . because you DO matter and are an asset. Remind yourself of your successes and strengths — because you DO have them.
- Focus on your goals and what matters to you. While the support of others is helpful, remember that you do not need external validation to be yourself or to become your truest and best self.
- Restoring faith often begins with introspection and seeking inspiration from personal experiences, nature, or others' stories. Engaging in spiritual practices if this has meaning for you, connecting with supportive communities, and embracing forgiveness and gratitude can also rekindle hope. Patience and openness to new perspectives can guide us towards renewed belief and inner peace. Remember, if you need professional support, please seek that out, these are general ideas for selfcare.
- Recognise and celebrate what makes you YOU! Your individuality is a unique asset that can contribute to the world in a meaningful way.

Despite all the global challenges, there is still beauty, kindness and goodness in the world. It is essential to seek them out and be influenced by them daily, too. By focusing on the positive aspects of life, we all can cultivate resilience and maintain hope for the future. Remember, while it's important not to ignore or be blind to the world's troubles, it's equally important to pay attention to the world's joys and successes in order to nurture your self-confidence and self-belief. These supports the well-being of us all and enhances our chances of finding and treasuring all those wonderful moments that make life beautiful.