

**[00:00:00.170] - Matt**

Are you struggling to look for work after finishing your education? Or maybe you're in a relationship you're unsure about? Are you having a quarterlife existential crisis? Are you in your twenties and don't know what the heck to do with your life? You've come to the right place. Hi, you're listening to A Cup of Growth, the drink for trying-to-be adults. This podcast is brought to you by Mags and Cass, where the girls talk about how to confidently navigate your twenties. Let's ride the struggle together.

**[00:00:25.370] - Cass**

Hallo!

**[00:00:30.280] - Mags**

Hey everyone!

**[00:00:31.850] - Cass**

How is everybody? How are you, Maga?

**[00:00:34.160] - Mags**

I'm good. How are you?

**[00:00:35.530] - Cass**

Not too bad, not too bad. Welcome back to A Cup of Growth with your girls Maga and Cass. Today, we have social media to talk about.

**[00:00:48.580] - Both [Mags and Cass]**

Oooh!

**[00:00:53.170] - Cass**

Is this a topic that has been talked about a lot? Probably, but not like us! So, I think we wanted to use this episode as a chance to educate you and obviously, it was a chance to educate ourselves on how social media is impacting us on our daily routines and our day to day, and I guess we just wanted to raise awareness about it and yeah, make you more aware of your phone usage, your social media usage and just some tips and 'thingy mabobs' that we have found that are useful for us and some research, especially that Maga has done to blow your mind. So yeah, I think- Maga, do you want to start talking about our history with social media?

**[00:01:51.250] - Mags**

Ooh okay, so I guess- are we going to say like when we started using it? Because I started using social media when I was 14. My first was Facebook like I bet a lot of people, and then I didn't have anything else for a while.

**[00:02:12.090] - Cass**

Yeah.

**[00:02:14.250] - Mags**

I got Instagram I want to say later than I know a lot of my friends had it, so I didn't get it 'til I was like 17, like nearly 18, actually I think, and yeah, I think I'm glad I did get Instagram quite late because it means I didn't post that much embarrassing stuff on it. So, yeah and then I just had Facebook because everyone at my school and all my friends and stuff had Facebook, so it was easier to keep in touch with people and stuff. But yeah, and now I guess I have pretty much every social media except Twitter, because I think I would cry if I had Twitter. But yeah. What about you? When did you start using the socials?

**[00:03:06.580] - Cass**

Well, if we're going to ignore our messenger era and our- not messenger MSN-

**[00:03:13.330] - Mags**

MSN!

**[00:03:14.200] - Cass**

Yeah, if we're going to ignore that, I would say that I started having social media when I was about 12 or 13, I guess. Funny enough, I think I've told you about this, but in Spain we have this platform that's like our Spanish version of Facebook, and it's called Twenty, which is now a phone company in Spain, just like Vodafone and yeah, all of these different phone networks, I guess. But that was our version of Facebook, and obviously everyone in my class had it, and I had to have it because I wanted to be included, I guess, and be in the know and be able to share pictures with my friends and stuff like that. And unlike Maga, I did post embarrassing stuff. At least now that social media platform doesn't exist because of them moving on to being a mobile network, thank God because now there's no proof that I ever posted any embarrassing things when I was 14, unless they resurfaced somehow, but knock wood. And then from that, I think I was 16 or nearing 16 when I first got Instagram, and I actually got Twitter before I got Instagram, and I was really into Twitter, I think especially I used Twitter like you would have used Tumblr, right?

**[00:04:59.600] - Mags**

Oh right, yeah, yeah, yeah.

**[00:05:00.260] - Cass**

And then I got Instagram because I saw that one of my classmates had posted on her Twitter that she was posting pictures on Instagram, and I was like-

**[00:05:10.720] - Mags**

What is this?

**[00:05:11.670] - Cass**

Yeah, the frick? And I was curious, and so I made an account, and I was the type of girl- and still am, that needed everything to be aesthetic and look good, and if I didn't like it, I would delete my Instagram and make another one.

**[00:05:28.750] - Mags**

Really?

**[00:05:29.310] - Cass**

Yeah, it was bad. And then basically, now that I'm an adult, eww, I have all social media platforms, I guess mainly because of work, because I do marketing stuff, and also because of my writing, I need to share it somehow. And yeah, that's the only reason I'm trying to PR myself, that's basically- I guess that's our experiences. But I laugh at the fact that if we were to compare our experiences to kids nowadays, it's like so foreign.

**[00:06:12.950] - Mags**

It's like- I feel like, oh my God, I'm so glad I grew up in an era where I didn't have social media until I was a teenager, but now people are getting it when they're kids like under ten years old and stuff. Like, I remember when I used to work as a teaching assistant, kids already had like Snapchat and stuff, and I was like- I couldn't believe it because I was like, wow, how times change. You know, I didn't have a phone till I was like 12, and I was one of those flip phones, so I could only reach my mom or my dad in case of an emergency. But yeah, I think it's just scary because I feel like you're so easily influenced when you're a kid and so when you have social media, you see so many different things every day because it's just constant content. And I wouldn't be surprised if they're basically their mental bandwidth is just filled up with just social media rather than actually important things. And it's kind of sad because it's not their fault, and you know parents should be more strict, I think, when it comes to that. But hey, ho.

**[00:07:22.540] - Cass**

To add to that, actually there's even- it goes further than kids only having their social media as a kid because parents introduce them to it even when they're babies because they post them on social media-

**[00:07:35.970] - Mags**

Yes!

**[00:07:35.970] - Cass**

To brag about like, oh this is what my children and I are doing, this is what we did on holidays and stuff like that. And I mean, if you're a parent and you're- you keep your social media on private, and you only have your friends and family on your social media, then that's-

**[00:07:53.980] - Mags**

Fair enough.

**[00:07:53.980] - Cass**

Yeah, that's okay because you're not sharing it with just anyone. But for parents or any type of adults that share pictures with kids that they know whether they're related or not on their public accounts, the frick are you doing basically, you know what I mean?

**[00:08:13.150] - Mags**

Yeah, it's like I do not grasp the concept of posting your child on the internet for everyone to see. Especially when you know, there's like creeps roaming the internet constantly. Yeah, it's- It's not great.

**[00:08:29.720] - Cass**

Yeah, I guess they get it from celebrities.

**[00:08:31.370] - Mags**

Because celebrities do that, and that's what are the sort of, I guess, blueprint for social media is what are the celebrities doing? It's a bit like how back in the day like celebrities would just set trends in terms of fashion, and you see it in a magazine, and you're like oh my God, I'm going to copy that because if she's wearing it then it's trendy. You know what I mean?

**[00:08:48.890] - Cass**

Yeah, definitely.

**[00:08:50.460] - Mags**

And I definitely think well, I think maybe we'd have to do an episode too on specifically celebrities and influencers on social media because I feel like we could have a lot to say.

**[00:09:00.880] - Cass**

Tune in for that one. But I guess with this episode, we are not trying to be like, oh social media is bad for you-

**[00:09:12.530] - Mags**

It's evil!

**[00:09:13.430] - Cass**

It's evil, like delete all of your social media accounts. We are- we don't think social media is necessarily all that bad. It's just bringing awareness to yourself and to others. Just mainly it's like an exercise on reflection on how you spend your time on your phone. And I mean, probably the 3 hours that you spend scrolling on TikTok, not Maga and I looking at ourselves, but that time-

**[00:09:45.450] - Mags**

Side eye!

**[00:09:45.450] - Cass**

Bombastic side eye! That time could be used like doing something more productive like reading or spending time with friends and family, going out, doing something for yourself that's productive and good for you. And also, we would like to think that this episode would also reach someone that's not- I know that we specifically talk to people that are in their twenties and stuff because that's our kind of age, but obviously it's not just for that demographic. We want to reach anyone that would be- would feel that our content is useful to them. So whatever your age, this is something that- we live in an era that technology is extremely advanced, and it's just raising an awareness and having a moment of reflection on how can you use your time on social media productively and not get your brain all mumbled and stuff because of the constant scrolling and algorithms and stuff, so there are pros and cons. We might talk about the cons a little bit more just so you are aware of the things and the research that is out there. But we're not trying to diminish the pros in any way.

**[00:11:14.140] - Mags**

Yeah, we're not trying to scare you- I think what we're trying to do is just show you some of the research we've done like that are based on actual studies and sort of determine you know whether you could have a healthier relationship with social media and just making you aware that there are some dangers if you take it too far. But obviously this is like an exception, it's if you fall into an excess of scrolling on social media or using social media which a lot of people don't do, but it's there to warn you that these could be the potential dangers of being on social media too much. And we will be posting a blog post- I can't speak, a blog post next week giving you some tips to detox from social media if you feel like it's too much, and you just need either a break or you need to re-establish your relationship with your phone and with social media. So, I think a really good question to start off with would be, is social media is addictive?

**[00:12:17.690] - Cass**

Is it making us stupid, do you mean?

**[00:12:21.210] - Mags**

No because addiction does not mean someone stupid. But there is a thing that- this is what we were saying, a lot of kids today, it seems like they're not retaining the right information.

**[00:12:33.410] - Cass**

They're just glued to their phones.

**[00:12:35.130] - Mags**

Yeah.

**[00:12:35.390] - Cass**

I mean, the amount of kids that I've worked with and the kids that I know and stuff is just like, can you do anything else?

**[00:12:41.240] - Mags**

And it's not their fault, it's because their friends are doing it, and then it's just like- it like snowballs into- it just ends up everyone's doing it because your friends are doing it, your peers doing it, your parents even are like allowing you to have a phone or they themselves are on social media.

**[00:12:58.810] - Mags**

Okay, so I did some research on TikTok specifically because I feel like that's the big topic everyone talks about it, is TikTok making kids stupid? How the whole algorithm and stuff is really addictive. So, I watched this video from a French guy called Leo Duff, so if you speak French, go watch his video because he says more than what I will be summarising here. But basically this video was about how addictive TikTok is and specifically talking about dopamine because I feel like everyone's like, oh my God it's the whole dopamine thing, the reward thing. Okay, so basically I've made some notes, so I don't mess up and say something wrong. So, this is how it goes: so dopamine is a reward chemical that makes us feel like pleasure and reward. So, for example, when you're eating chocolate or, I don't know, maybe you've completed a task that you've put off for a while or something-

**[00:14:08.750] - Cass**

Orgasmic!

**[00:14:09.930] - Mags**

Yeah, it does also happen when you have an orgasm. But yeah, okay. PG. PG. So basically, too much dopamine, like any sort of neurotransmitter, I believe, can cause an addiction or dependence to it. And this is what I found that I thought was a bit mad, but at the same time does make sense. So, social media companies spend billions every year trying to find vulnerabilities in like the human psyche and exploit them to make basically their sites more addictive so people spend more time on them. And that's what you call an algorithm. And so basically, the thing is with TikTok, that's different is their algorithm. It's completely different to other social media algorithms. So, for example, when you go on YouTube, you choose a video based on the content you've already seen, and you actually have to make the active decision of choosing what you're going to watch. Whereas on TikTok, everything's pre-chosen and selected for you, so it eliminates the whole process of 'decision fatigue' because you're basically being proposed content already based on what you already like, rather than having to scroll through and select what you fancy watching. So, the more time you spend on TikTok, the more they get to know you, the more addictive it becomes as the content becomes curated to what you like. So, it's like YouTube but even worse because you're just like watching everything you like without having to choose. So it's like, basically you would think, oh my God, win win. But you do get a dopamine rush every time you watch a video. You get an even bigger dopamine rush when you get a video you thought you wouldn't like, but you did. And even if you don't like a video, you still get a little shot of dopamine.

**[00:16:05.260] - Cass**

Crazy mate.

**[00:16:07.750] - Mags**

The more regularly you get shots of dopamine, the more frequently your brain cells can die as a result which I was like, okay. It's like an excess of anything, I guess like- it's like when you abuse of a substance or anything basically it's detrimental to your health. And so there's like, according to this website called socialmediapsychology.eu, they said this thing that's like- that goes "dopamine spikes

happening in quick succession is what makes TikTok similar to gambling. Research shows that addiction gradually shrinks the human brain". And to back that up, they did an MRI study from- in 2013 which shows how addiction leads to structural atrophy, which is basically a reduction in the size of an organ tissue, in the frontal cortex. So that's like the whole part of your brain that has to do with like creativity and decision making and stuff. And then another study from 2018 also shows visible atrophy in the brains of children aged 9 to 10 who use a phone for more than 7 hours a day, which seems like a lot, but apparently the average screen time for a child aged 8 to 12 is 4 to 6 hours which I thought was wild.

**[00:17:29.480] - Cass**

It is.

**[00:17:30.600] - Mags**

Like when you think they go to school all day, then that's basically what they do when they get home.

**[00:17:34.320] - Cass**

Yeah.

**[00:17:35.970] - Mags**

So, basically saying that too much dopamine can significantly reduce creativity and cause problems in decision making, and because there's just not enough mental bandwidth for important things like making decisions and stuff. And other things that can impact your mental bandwidth is things like addictive behaviours, chronic worries, unmet thoughts, intrusive thoughts, things like that. So, you're basically- you can't retain important information, and you're only retaining- you've only got like sort of short term memory, I believe, something like that. And the problem is we continue feeding into these addictive behaviours almost and these dependent behaviours because by reflex most people open TikTok when they're bored now it's just a thing you do- like even I do it, you do it, we all do it. When we don't know what to do or there's like a waiting time, we just go on TikTok because it's like easy video watching.

**[00:18:37.510] - Cass**

Yeah.

**[00:18:42.710] - Mags**

So, but the problem is that dopamine is really important for motivation and helping you work towards things and like your goals and stuff. So if you spend time on TikTok you don't feel the need to do anything else because your brain thinks it's already achieved something because it keeps getting shots of dopamine. So, then TikTok addiction is recognised as dangerous, especially in adolescence



because the prefrontal cortex is still developing, and the prefrontal cortex is responsible for things like emotions, motivation, decision making. So that means that basically all the kids and teenagers spending time on TikTok today, they have more trouble regulating emotions, and they're basically becoming lazy, but it's not their fault kind of thing. It's more that they get a constant rush of dopamine by going on TikTok that they just don't feel like doing anything else.

**[00:19:40.890] - Cass**

Yeah.

**[00:19:41.400] - Mags**

And I think as well with TikTok it's like you don't see time passing.

**[00:19:45.330] - Cass**

Oh no.

**[00:19:45.900] - Mags**

Because you get video after video after video and then you just realise that you scroll for like 2 hours and then you're like oh shoot, I got to do my homework or my work or whatever. And yeah, so basically that's like the summary of it. I hope I summarised it well enough but as I said, if you speak French, go watch that video.

**[00:20:05.570] - Cass**

So, if your kids find it easier to tell you memes than the multiplication table, you know they're spending too much time on TikTok.

**[00:20:16.610] - Mags**

That's very true. Yeah. Literally! Because this is the thing your brain just doesn't have enough space for information. There is a limit eventually. Yeah, that's what I mean. So, you remember all the videos you've watched on- some of them you don't even remember watching them. And then some of them that you found good or funny or whatever, you remember them, and that's it. And then as you said, your multiplication tables go out the window because your brain is like more dopamine from this. I want to repeat this, so I'm going to look at this more often, which means I'm going to retain that information better than if I was, I don't know, reading a book or something like that. But this is the thing. I know it all sounds scary, all this thing, but you know once you're aware of your dependence on TikTok, you can do something about it. So, there's no point getting worried.

**[00:21:10.560] - Cass**

Join the AA.

**[00:21:13.110] - Mags**

TT for TikTok. But yeah, don't worry about it and be like, oh my God my brain is shrinking. Because the likelihood is that you're probably fine and you can still do something about it. It's just about rebuilding habits. It could be as simple as deleting TikTok off your phone and only watching it on your computer, a bit like you do with YouTube most of the time. Or you can just delete it altogether because from what I've heard, people actually don't miss it that much. It's like it's not a big deal. Or you can do something that's actually another activity that's dopamine inducing but also healthy for your brain. So, like I said before, completing a task on your to do list, or practising self-care activities, or like eating a bit of chocolate, if that's what you like. You know what I mean? Yeah, I think it's just about being really careful about recognising if you do spend too much time on TikTok and doing something about it, which in turns will make you feel better and your brain will probably thank you.

**[00:22:20.270] - Cass**

Yeah, definitely. I think also the dangerous thing that happens with the whole TikTok thing, which I think we're very guilty of, is the constant sharing of TikTok. So if you're not- if you're not helping yourself, you're throwing someone else under the bus with you because you keep sharing your 'for you page' with them because you're thinking, oh this video is like so funny, I bet my friend will think it's funny too.

**[00:22:47.000] - Mags**

And I didn't know this, but the more you share with people, the more similar your 'for you pages' become because they're like, oh these two people have similar interests, so the more you start sending each other things because you're like, oh my God they're going to love this. And yeah, I think as you said, it's like a vicious circle. It's like, I'm going to stop, but then you see your friends send you TikToks and you're like oh, I need to watch them. And then you find yourself on the app again and it's like, yeah.

**[00:23:14.430] - Cass**

So basically to take care of yourself, you have to take care of people around you as well.

**[00:23:20.770] - Mags**

And don't feel guilty if you want to delete it, if you think you really do have a problem, and the only way to sort it is to just get rid of your account.

**[00:23:28.870] - Cass**

Have a bit of social media detox, even if it's for like a day or two. See how on with it.

**[00:23:34.920] - Mags**

Just deactivate can you- you can just deactivate, which means you can always reactivate it when you're ready. But, yeah, it would avoid you getting like notifications and stuff, and it prompts you to re-login which a lot of the times, especially me, I don't remember my passwords.

**[00:23:54.730] - Cass**

But yeah, I think another question we wanted to throw out there is, is social media destroying creativity? Which I think links very nicely with the question we just made about addiction.

**[00:24:09.160] - Mags**

Especially how we said about how the too much dopamine can affect your prefrontal cortex, which is all the creativity, decision making sort of area of the brain. So, the thing is social media is a great way to keep in touch with, like, friends and family. But I did find this other study that was done by the University of Pennsylvania that shows how people who use social media are less likely to come up with new ideas and more likely to conform to group norms because they don't spend the time basically being bored and thinking about things, because they just think- and again, we're very guilty of this. When you're bored, you just grab your phone and you scroll through Instagram or through TikTok and then it's just sort of satisfied that boredom, and then you find something else to do. Or it's like got to a time where you're like, oh I need to actually do something like cook or go have my shower or go out and meet that friend at this time. You know what I mean?

**[00:25:15.410] - Cass**

Just so you know guys, a little insight from like 30 minutes ago, Maga and I were supposed to sit down and record this podcast, and Maga went to have a shower, then she disappeared for like 45 minutes or something. I went into our room and she was just laid in bed with her towel still scrolling through TikTok. So, as you can see-

**[00:25:35.740] - Mags**

We're very guilty!

**[00:25:36.880] - Cass**

Yeah.

**[00:25:37.320] - Mags**

We're very guilty. I know I'm like trying to be the- you know I'm saying all this advice, but I'm the person that's so bad at taking their own advice. Honestly, I am the worst.

**[00:25:46.520] - Cass**

Same.

**[00:25:47.220] - Mags**

I am the worst.

**[00:25:48.180] - Cass**

That's why we have to lecture each other because we don't listen to ourselves.

**[00:25:52.570] - Mags**

Literally. Yeah, but I guess what's sort of your opinion and I guess your own experience because we're both quite creative especially you with all your poetry and stuff. So do you think social media sometimes destroys your creativity?

**[00:26:12.310] - Cass**

I mean that's- We could stay here forever, but I think our opinion on it is quite similar. It's the fact that you don't get to think about things that you would like or don't like and stuff because it's just immediately you kind of copy what you see because you want to be trendy or you want to have a set aesthetic and blah, blah, blah. And this is- this is a thing that I think we say a lot and we don't realise the whole thing of going on Pinterest or going on TikTok and blah, blah, blah and looking for inspiration, that shit don't exist. Okay? You're basically trying to copy something that you're saying, but it's difficult because obviously, in terms of artist- Mags just hit her hand on the table.

**[00:27:11.690] - Mags**

Yeah, excuse me! My ring just banged against the table. I am fine.

**[00:27:18.110] - Cass**

In terms of artists and stuff, they don't have another way of showing their creations and their creativity if it's not through social media because maybe they don't have a way of exhibiting it wherever they are-

**[00:27:36.530] - Mags**

Yeah, in like a museum or gallery or something-

**[00:27:37.830] - Cass**

Yeah precisely. So in that sense, it's- you can get creative with it because you can get inspired from what other people other people's works or music or poetry and stuff like that. I mean- we do get inspired by other people and by other like content and stuff, but that doesn't mean that you should restrain yourself to find your own way of being creative. I think just people just get very dependent on looking at what other people are doing to figure out what they want to do.

**[00:28:16.110] - Mags**

Yeah, and I think sort of bounce off that, you know, your point you made about Pinterest and looking for inspiration and stuff. I'm the type of person that will watch like really motivating things and stuff and almost convince myself that I've done it, so then I put it off and I'm like, yeah I don't need to do it now. When you watch people's morning routines or like them doing healthy stuff, and I'm like okay, well I've served my quota of healthy habits because I looked it up on Pinterest, so the motivation was there. Honestly, it's kind of embarrassing. But yeah, to kind of bounce off that, I think on social media there's like a lot of copying, and you see that through things like trends, so whether that's like fashion trends, beauty trends or even all the aesthetics, like the cottage core trend or the dark academia trend, where people kind of make a set of rules almost, of if you want to belong to this group, this is how you have to act, this is how you have to dress, this is how you have to be.

**[00:29:18.690] - Cass**

Are you taking a line from my poem?

**[00:29:21.570] - Mags**

Yes, I guess. Yeah, yeah, yeah, technically! See, I'm inspired by my best friend, but I think it also leads to some areas becoming so oversaturated with people all doing the same thing or like a similar thing which gets really redundant and boring because you've seen it before, so you're just like this again you know. And it just seems like people don't have a uniqueness about them on social media, and everyone's doing the same thing because everyone's doing the same as everyone else which is fine like I understand if that's your only form of media that you consume, you're going to think that, oh yeah that's just how it is. And I think that's why it's so important to not only get all your sort of content from social media but also get it from things like books, magazines or TV even or something else because all these different mediums do something else.

**[00:30:24.920] - Cass**

Yeah.

**[00:30:26.470] - Mags**

And I think as well that's why it's refreshing when you see something you've never done before on social media because it sort of breaks away from the normal cycle of trends. And I also think creativity comes from boredom, I think, as I've mentioned earlier, if you aren't stimulating or distracting your brain all the time, it allows you to sort of like pause and think. And your brain might actually come up with cool things to do to overcome the boredom that you're feeling, so it might be like trying to think of new things or new ideas to get you out of that boredom, and it might lead you to something you've never thought of before which then becomes a source of great ideas.

**[00:31:12.650] - Cass**

Yeah.

**[00:31:13.080] - Mags**

So basically my liner for this is 'be bored', it will make you more creative, literally.

**[00:31:19.540] - Cass**

I also wanted to say as well, kind of from a thing that you said about trends and aesthetics and stuff: a lot of people do it just to blend in even if they don't like it.

**[00:31:30.490] - Mags**

Yeah, that's the problem.

**[00:31:31.890] - Cass**

Yeah because- I don't know about you because well we're kind of the same, so probably you're the same as me, but if I watch a morning routine on YouTube or on TikTok, I'll try different bits that I think, oh maybe this is for me. But then I'll try it and I'll be like, I don't like it I'll have to find something else. But you make the decision to not do it after trying it, because there's nothing wrong with trying something new that you've seen on socials and stuff like that. You are absolutely welcome to try it, but be aware that you can say 'no' and stop doing something-

**[00:32:02.460] - Mags**

You can just do it a bit differently to suit your needs.

**[00:32:04.840] - Cass**

Yeah, precisely. Because at the end of the day, if you're not true to yourself and what you like and you don't like, and your own uniqueness like Maga was saying then that will affect your mental health, which leads us very nicely into our next question-

**[00:32:22.050] - Mags**

We're the queens of transition.

**[00:32:26.430] - Cass**

Which is, is social media detrimental to your mental health?

**[00:32:33.650] - Mags**

Slowly giggling! Well, I think so obvious- obviously this is if you don't have a good relationship with it and you spend too much time on it and you don't have a good relationship with it. So, because I think that social media leads to a lot of comparison because you spend your day scrolling and seeing what everybody else is up to, and a lot of some of these people have very much different schedules to you, so they could be on holiday or at events or with friends. And I think that if you're just sat at home scrolling or just sat at work scrolling, you can start feeling quite isolated, lonely, anxious, even maybe feel a bit of FOMO, fear of missing out, if you don't know what that means.

**[00:33:26.930] - Cass**

There's probably another word for it now, but we're old now and that's the word we use.

**[00:33:32.610] - Mags**

We used to use FOMO all the time.

**[00:33:34.360] - Mags**

Yeah.

**[00:33:34.550] - Mags**

Oh my God, I got FOMO because I didn't go to that party last night.

**[00:33:38.710] - Cass**

Oh my God, Valley Girl!

**[00:33:41.590] - Mags**

I'm really sorry if you actually come from like L.A. or something. My accent is probably really bad anyways. So yeah, you basically see all that and you feel like your life isn't interesting enough and you're not doing much with your own life because you're just like at work, but it's like the reality is a lot of people are bored at work or having a bad day or it could be even like they won't share something like them learning terrible news like for example, like a relative has just died, or they won't share the fact that they're just at home watching Netflix. Some people do, but it's not the majority, and it's not a lot of what you see. And there's nothing wrong with any of these things. It's just people don't share it because it's not interesting enough for social media. Because I feel like with social media, it's always like what can get you the most likes, what can be the most almost like shocking or thought provoking, which sometimes is good for some things that you know need to be- I'm trying to find the word that need raising awareness, but you know for sort of mundane, everyday things, not necessary. But I think people tend to forget that life is all about the small things which make you feel good, or you enjoy, and social media makes people forget that that's what life is mostly about. It's just about your daily routine, going to work, coming home tired, kind of feeling like not doing much. But then when you see all these, I don't know, like celebrities or influencers that you follow going on holidays and events and being out with friends and all these, it's like- that's like a minority. The majority of us work like sort of minimum wage jobs. Some of us don't even have jobs and are struggling to find one, and when you see everyone at work and stuff, it can be really hard. So I think just taking everything on social media with a grain of salt is really important because your life is different to theirs, and people only show what they want to show. So, yeah you've got to look at the bigger picture, I think.

**[00:35:58.790] - Cass**

Yeah, I think what I would say is with social media, kind of like what Maga said, it all revolves around what celebrities and influencers are doing like YouTubers, and I don't know, people that are big on social media because they got so many likes from dancing to this one song. I don't know, comedians, actors and actresses, singers that are touring and stuff, they are just sharing like 10% of their actual lives. Also, what you see from them as well is the drama that they're involved in. And you don't want- I wouldn't want to think that you want to be involved in drama. Also, as Maga said, it's not realistic to compare yourself to these celebrities. One, you don't have the money. None of us have the money.

**[00:37:00.230] - Mags**

A lot of us aren't rich.

**[00:37:01.870] - Cass**

Yeah, and I'm pretty sure you're not able to just get a ticket to I don't hecking now, New York for tomorrow morning on your £7 in your wallet. Do you know what I mean? It's unrealistic. You have to realise that we are all different. Although it's okay to influence positively from each other and be inspired by each other, there's no use in comparing ourselves to another person because they have their own lives, they're their own person. They don't have the same path as we do. We are all authors of our stories, and we all have different stories to tell. And just like Maga said, it's so important to realise how blessed you are with the things that you actually have, so inspect- instead of comparing yourself to what other people have and focusing on what you don't have, take a



moment to actually think about the things that you have that add value to your life. And it can be the small things, like you actually have a job, or you actually have a functional family. You actually have a very healthy relationship. You have a roof over your head, you have food, you have water, you're in a country that is not you know-

**[00:38:33.670] - Mags**

Free of war.

**[00:38:34.500] - Cass**

It's free of war, and it's not poor. And you have to see the little things because it's very easy to overlook it when you try to compare yourself to other people. And also, if you keep focusing on the things that you don't have and the things and the things that you wish you had, like celebrities do, the self-loathing that starts forming within you, it won't stop growing because it will just affect you and consume you. And that will just go on to your mental health. A lot of us already have issues with our mental health. I think that it's easier for us to find a way to not add to the pile than to keep adding fire- keep adding wood to the fire. Also, if you're going on social media, don't be a hater okay? Don't go and comments and start- and start don't, don't start- to don't try to start fights. I cannot speak clearly. You don't know what other people are going through. You might make a comment that you don't actually mean, and it's probably fuelled by the moment, whatever feeling you must be feeling that's probably not related to the actual topic that you're commenting on or racing on social media, so be very mindful of the things that you put out there. The way that you treat people on social media because you have to treat people like you want them to treat you, so the same that you wouldn't want a person in the street calling you names and telling you that you don't look good or that your body looks a certain way and stuff, don't do it to someone else on social media.

**[00:40:27.270] - Mags**

Just because there's that barrier of a screen, doesn't mean it doesn't affect someone.

**[00:40:31.100] - Cass**

Yeah, if you want to do it to someone, do it to their faces, basically.

**[00:40:34.560] - Mags**

Yeah, if you wouldn't do it to their face, don't do it on social media.

**[00:40:37.900] - Cass**

That as well. So, it's just being very mindful obviously. There are so many things that are so important in your life. Why add drama to it? There's no need. And if you want to feel good, the choices that you

make for yourself probably will also affect the people around you. Like we said, this is just an episode about raising awareness, starting a conversation. Let us know what opinions you have on the questions that we've made today. If you have any other questions, suggestions, things that you want to add to the conversation, let us know on social media. And I think Mags said that you're going to do a blog post.

**[00:41:27.560] - Mags**

Yeah, blog post going up next week, Monday, about guide to detoxing from social media. So if it's been a bit too much for you recently, or you just want to have a little break, or you just want to re-establish your relationship with your phone and social media, that will be going live on Monday, so do check it out on our website, [acupofgrowth.co.uk](http://acupofgrowth.co.uk), and while you're there, why not sign up to our newsletter so you don't miss anything? And get all the dates for when things come out, basically, so you can add them to your calendar. And yeah, I guess. Follow us on our social @acupofgrowth TikTok and Twitter and @acupofgrowthpodcast on Instagram. And as Cass said, use the #AdultingsFavDrink or #AdultingsFavouriteDrink to let us know about your opinions, your thoughts, maybe let us know about your experience with social media as well. And, yeah, we'll see you in the next episode.

**[00:42:29.070] - Cass**

Yas! Before I say goodbye as well, remember to take care of yourself. Take a moment, like we've been saying throughout the whole episode, take a moment to yourself and think, reflect on not only about social media, but the way that you have a relationship with everything in your life. So not only a relationship with your phone and social media, but with yourself, your friends, your family, work, everything is connected. And just take care of yourself. Spread the love. And until then, we'll see you in the next episode.

**[00:43:00.650] - Both [Mags and Cass]**

Okay, bye!