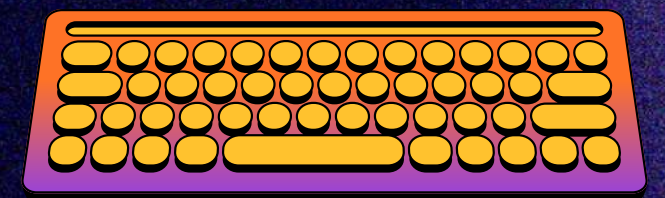
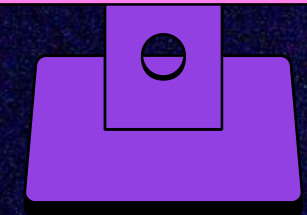


Mental Health di Era Digital

Selapanan Talks: Sehat Jiwa Ala Jawa



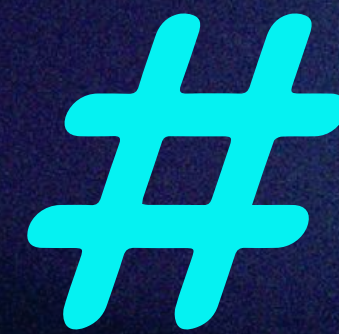
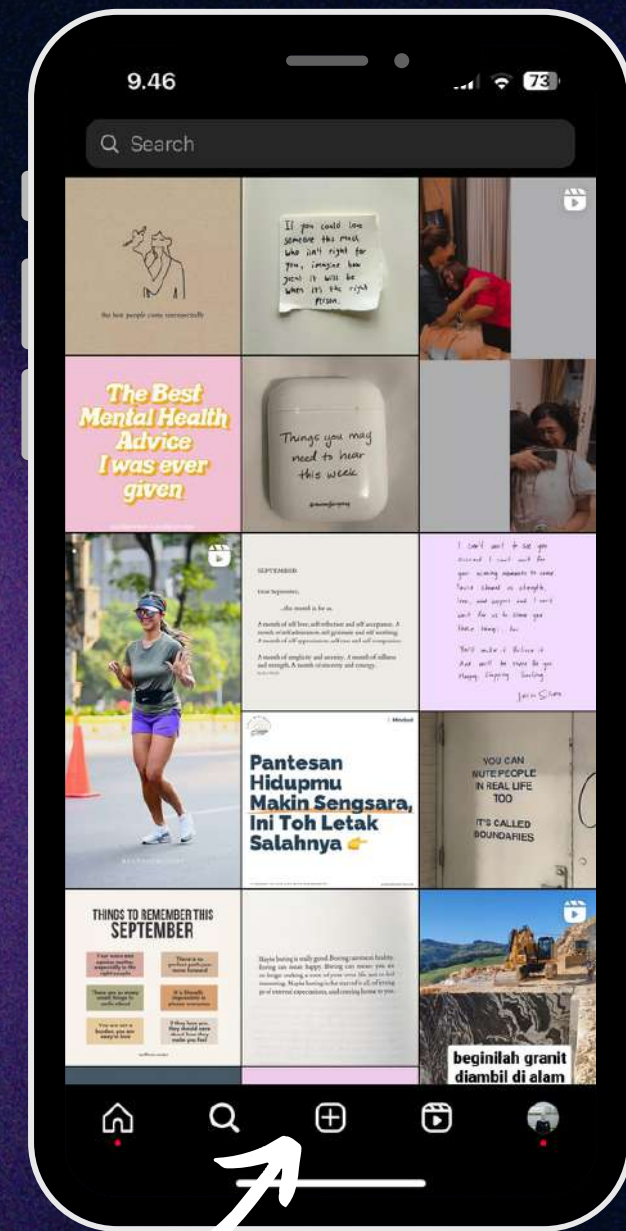
By:
Salma Dias Saraswati

tenang.ai

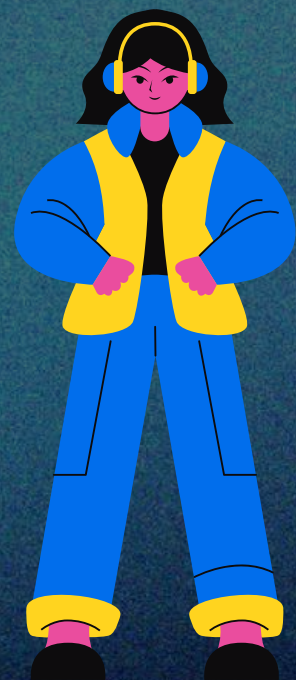
3 konten seperti apa yang ada di explore Instagram kamu?



- Fitness?
- Motivasi?
- Life tips?



- Gosip?
- Konten viral?
- Konspirasi?



Algoritma social media
mempengaruhi your
subconscious that relates
to mental healthmu

**Your social media didrive
oleh rasa curiosity, dan
itu mendrive your search**

Berdasarkan hasil riset...

Social media bisa membuat:

1. FOMO
2. Insecurity
3. Merasa terisolasi
4. Semakin anxiety
5. Cyberbullying

#FOMO

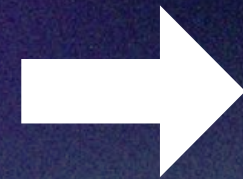


The question is, apakah kamu sudah **mengconsume the right algorithm** to fulfil your purpose or destroy your mental health?

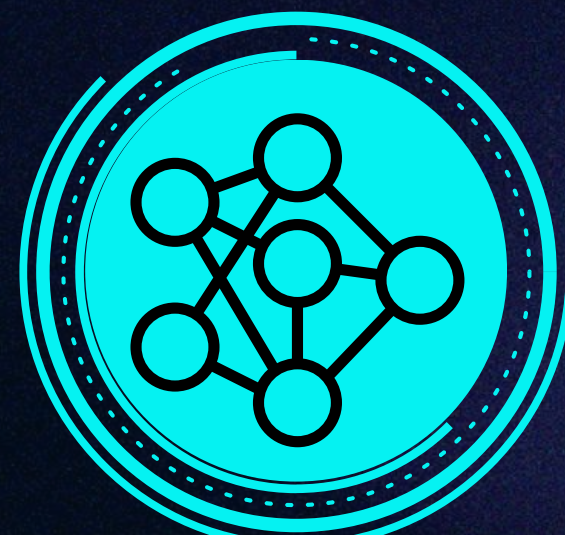
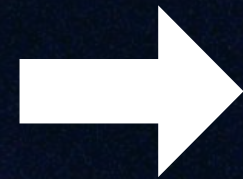
KEY POINTS



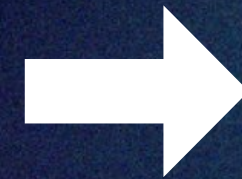
PURPOSE



CURIOSITY

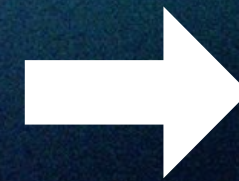
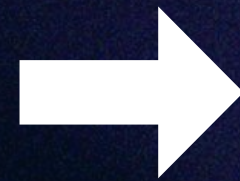
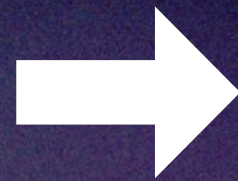


ALGORITHM



ACTION

Improve Kesehatan Mental di Era Digital



Kurangi waktu "online"

1. Limit time usage
2. Ga bawa hp ke tempat tidur
3. SocMed notif di-off kan
4. Mindful saat melakukan certain things (makan, olahraga, dll)

Ubah fokusmu

1. Know your purpose
2. Cari tahu hal yang men-drive kamu dengan sosial media: lonely? depressed? FOMO?
3. change your key words

Lebih terkoneksi IRL

1. Bangun koneksi pertemanan
2. Terlibat di komunitas atau event offline
3. Set waktu untuk social life
4. Interact with strangers

Express gratitude

1. Mindful dalam beraktivitas
2. Refreksi diri
3. Lakukan volunteering

tenang.ai

Diliput oleh:



Recognized by:



Nesya AI: #1 AI di Southeast Asia yang dibuat sesuai dengan culture Indonesia untuk kesehatan mental kamu

Nrimo ing Pandum, Makaryo ing Nyoto

Menerima segala pemberian atau hasil dari Yang
Maha Kuasa setelah bekerja keras secara nyata

MATURNUWUN

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PT TENANG UNTUK DUNIA

STAY CALM, AI'M WITH YOU

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