

# Social Media Anxiety: Managing the New Stress and Anxiety in the Smartphone Era

The smartphone has changed the social world and, while social challenges have always created anxiety for some, today's online social world has raised the bar, creating more anxiety for people of all ages, adolescents and young adults in particular. From FoMO (fear of missing out) to NoMophobia (no mobile phone phobia) and from perfectionism to procrastination, the impacts of social media have exacerbated anxiety. This seminar will offer pragmatic tips for therapists to broaden their ability to mitigate anxiety in clients who have become overly attached and overly affected by their social media world.

You will get a brief overview of the neuroscience that undergirds the compulsion for continuous connection and a look at the impact of stress responses that create the circular pattern of using social media raising anxiety - turning it off raising anxiety - turning it on. We will explore the comparison fallacy and social media's impact on anxiety, shame and low self-esteem that interferes with healthy social and personal development. And the primary focus of this session will explore pragmatic ways to decrease our clients maladaptive use of social media (including texting) and increase their productive use of smartphones to manage anxiety.

## Target Audience

Psychologists  
Therapists  
Social Workers  
Psychiatrists  
Counselors  
Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

1. Educate clients about the impact of excessive social media consumption and help them develop 'demand delays' that diminish the addictive nature of communication notifications and social media 'likes'
2. Apply 5 ways that clients can alter the fantasy of perfection and its sidekick of procrastination that interferes with actual skill development and damages genuine, appropriate self-esteem
3. Utilize FoMO to increase motivation for social skill development
4. Utilize 4 strategies that help develop emotional self-management/regulation skills that engage clients through access to their smartphone apps
5. Identify methods to diminish the power of online anonymity and the 'comparison fallacy' that exacerbate social anxiety

## Seminar Schedule

Typically begins at 10:00 PM and ends at 1:15 PM Eastern time. There is one 15 minute break. However, check the webinar sched-

## Outline

Begin 10 AM ET

The neuroscience that addicts us to social media and how to use it to educate clients and improve their compliance with treatment goals

Break the hold through demand delays

11 AM ET

How social media affects shame, perfectionism and unreasonable expectations of self and others

Understand the comparison fallacy and FoMo and diminish their impact

11:30- 11:45 Break

5 ways clients can alter inappropriate perfectionism and move out of procrastination

4 strategies that improve emotional regulation using smartphones

End 1:15 PM ET

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## Continuing Education Credit

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## The Presenter

Margaret Wehrenberg, Psy.D., is a clinical psychologist, author, and international trainer. She is a practicing psychotherapist and coaches professionals for anxiety management. Margaret has been a trainer of therapists for 25 years, and she is a sought-after speaker for continuing education seminars, consistently getting the highest ratings from participants for her dynamic style and high-quality content.

A frequent contributor to the award-winning Psychotherapy Networker magazine, she also blogs on depression for Psychology Today. Audio and DVD versions of her trainings are available for obtaining CEU's. She has written 7 books on topics of anxiety and depression published by W.W. Norton, and a workbook, Stress Solutions, published by PESI. The 10 Best-Ever Anxiety Management Techniques and its accompanying workbook, consistent best-sellers, were released in revised editions in 2018.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, and Loreen Yearick, MSN, RN. This approval expires on March 1, 2022.

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