Twitter Thread by ■■ benjamingeorge.substack.com ■■



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Mental Health & Twitter.

Lets cut the crap: many of you on this app are not okay.

It has been a bad 10 months, & while some cracked earlier, some of you are starting to crack down recently & it's time we talk about it.

1/

First thing's first: it's okay to not be okay.

We have all suffered the lockdowns, economic turmoil & worldwide events in different ways.

Nobody can say that they had a perfect year.

2/

Before going into why I think many of you are not okay, here are a few things we can physically change to make it better:

- Move more & do exercise
- Proactively get more sun & fresh air
- Unfat yourself

Mind is body, body is mind.

3/

https://t.co/V6Oq76HeU8

> I'm certain there is a positive correlation between being hyper online & mental unwellness.
>
> For the last year people have been moving less, getting less fresh air & sun, doing less fun activities.

> If you can't leave your house, log off more often to keep your wellness in check. https://t.co/jGkpW9DSVu
>
> — \U0001f1ea\U0001f1f8 benjamingeorge.substack.com \U0001f1ea\U0001f1f8 (@BGZeroTwoOne) January 9, 2021

Now, to the Twitter part. Many of you are so far down a rabbit hole that only does you harm the only reason you aren't coming out of it is due to the sunk-costs fallacy.

You have invested so much time going through a specific road your ego won't let you pause & go back.

4/

You've followed people for so long you do not want to unfollow or mute.

People you like & have followed for ages who do not have your best interests in mind.

All they do is purposefully make you upset & rile you up.

All they do is groom you. Because u "wanna stay informed"

5/

You're being groomed into an ideological subset of a subset of a subset.

Niched into polarization & partisanship.

Thrown into an alley with no way out but you won't turn back because of sunk costs.

6/

https://t.co/DEia5ZtB26

> [NEW]: \U0001d5db\U0001d5fc\U0001d604 \U0001d601\U0001d5fc \U0001d5fd\U0001d5fc\U0001d5f9\U0001d5ee\U0001d5ff\U0001d5f6\U0001d607\U0001d5f2 & \U0001d5ff\U0001d5ee\U0001d5f1\U0001d5f6\U0001d5f0\U0001d5ee\U0001d5f9\U0001d5f6\U0001d607\U0001d5f2 \U0001d5ee \U0001d5fd\U0001d5f2\U0001d5ff\U0001d600\U0001d5fc\U0001d5fb
>
> Learn why everyone seems more polarized & radicalized when compared to a few years ago. Spoiler:
>
> - Social Media platforms' business model
> - Hyper-targetting
>
> Read more here: https://t.co/fqL4TWgEzb pic.twitter.com/1KzdxhK2Dx
>
> — \U0001f1ea\U0001f1f8 benjamingeorge.substack.com \U0001f1ea\U0001f1f8 (@BGZeroTwoOne) January 7, 2021

The good news is that you always can correct the course with one easy step: logging off or logging on less.

Think about it: you are upset online, & the reason you are upset is because you are online.

7/

https://t.co/nNTkmLxFXh

> Hahahahahahahaha How The Fuck Is Cyber Bullying Real Hahahaha Nigga Just Walk Away From The Screen Like Nigga Close Your Eyes Haha
>
> — Tyler, The Creator (@tylerthecreator) December 31, 2012

You are mentally fucking yourself over because you're all day online.

Hyper online.

Frying your neurons & dopamine receptors.

Reacting.

Moving less, doing less exercise, never reading other opinions, never distancing yourself from silliness.

8/

Many of you need a fucking break. I am legitimately starting to get worried about your mental state.

If I, an online stranger, can see this, what about your families? Your loved ones? Your friends?

9/

If you think you're biologically equipped to deal with such quantity & flow of information you are deluded.

None of us are.

There is no real way to filter through all the info. All we can do is operate following a few heuristics & rules of thumb.

10/

Humble yourself & come to terms with the fact that you cannot deal with all the information flow

That you are at a dead end

And that continuing further due to sunk costs is costing you your well-being

Log off & move more

And yeah Imma be that guy, log off & spend some time discovering yourself more

https://t.co/4rCPXf7uQC #ad