

how to stop doomscrolling on twitter

How to Stop Doomscrolling on Twitter

how to stop doomscrolling on twitter is a common concern for many users navigating the digital landscape. The relentless flow of negative news and anxieties presented on social media platforms, particularly Twitter, can lead to a detrimental cycle of endless scrolling. This article will delve into the underlying psychological mechanisms behind doomscrolling and provide actionable strategies for regaining control over your digital consumption. We will explore methods for setting boundaries, curating your feed, and fostering healthier online habits to mitigate the negative impact of constant exposure to distressing information. By understanding the "why" and implementing practical "how-tos," you can reclaim your time and mental well-being from the grip of this pervasive online behavior.

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Understanding Doomscrolling

Doomscrolling, often referred to as doomsurfing, is the act of spending an excessive amount of time scrolling through negative news and social media feeds, even though it is making you feel worse. It's a compulsion driven by a desire to stay informed, but paradoxically, it often leads to increased anxiety, stress, and feelings of helplessness. This phenomenon has been amplified by the 24/7 news cycle and the inherent design of social media platforms, which are engineered to maximize user engagement.

The constant barrage of distressing updates, from global crises to personal tragedies, can create a distorted perception of reality, where the world appears overwhelmingly bleak. This prolonged exposure to negativity can have significant detrimental effects on an individual's mental and

emotional health, making it crucial to develop effective strategies to combat this habit.

The Psychology Behind the Scroll

The urge to doomscroll is rooted in a complex interplay of psychological factors. One primary driver is the inherent human need to be informed and aware of potential threats. Our brains are wired to pay attention to negative stimuli, a survival mechanism that once helped us avoid danger. In the context of social media, this instinct is constantly triggered, leading us to seek out and process information that signals potential risks, even if those risks are abstract or beyond our immediate control.

Another significant factor is the concept of "fear of missing out" (FOMO), coupled with a sense of obligation to stay informed. Users may feel that by disengaging, they will be unaware of critical developments, leaving them unprepared or out of the loop. The variable reward system of social media, where each scroll might reveal something new or significant, also plays a role, similar to gambling, creating a loop of anticipation and engagement that is difficult to break.

Recognizing the Signs of Doomscrolling

Identifying doomscrolling in your own behavior is the first critical step toward stopping it. Subtle cues often indicate that you've fallen into this pattern. One of the most obvious signs is the amount of time you spend on Twitter without realizing it, often losing track of hours. You might find yourself feeling increasingly anxious, stressed, or depressed after browsing your feed, yet you continue to scroll, seeking some form of resolution or understanding.

Other indicators include neglecting responsibilities, such as work, chores, or social interactions, in favor of scrolling. You might experience disrupted sleep patterns, a constant feeling of dread, or an inability to focus on tasks. If you find yourself frequently revisiting upsetting news or arguments, even when it provokes negative emotions, it's a strong signal that doomscrolling has taken hold.

Strategies to Stop Doomscrolling on Twitter

Fortunately, there are numerous practical and effective strategies to help you break the cycle of doomscrolling on Twitter. These methods focus on both actively changing your behavior and proactively managing your environment and mindset. Implementing a combination of these techniques can lead to a healthier relationship with social media and improved mental well-being.

Setting Digital Boundaries

Establishing clear digital boundaries is paramount to regaining control. This involves consciously deciding when and for how long you will engage with social media. Many devices offer built-in tools or can be supplemented with third-party applications that allow you to set time limits for specific apps, including Twitter. Once the allotted time is up, the app will block access, providing a much-needed enforced break.

Another effective boundary is to designate specific times of day for checking social media. Avoid opening Twitter first thing in the morning or right before bed, as these times can significantly impact your mood and sleep quality. Instead, choose a short window in the middle of your day when you can engage more mindfully and then disconnect.

Curating Your Twitter Feed

The content you consume directly influences your emotional state. Actively curating your Twitter feed is a powerful way to reduce exposure to negativity and increase exposure to positive or neutral content. This involves unfollowing accounts that consistently share distressing news, inflammatory content, or information that triggers anxiety. It also means actively seeking out and following accounts that share uplifting stories, educational content, hobbies, or humor.

Utilizing Twitter's "Mute" function is another excellent tool. You can mute specific keywords, phrases, or even entire conversations that tend to be a source of distress without unfollowing the accounts themselves. This allows you to maintain connections while filtering out unwanted noise. Regularly reviewing your follower list and actively pruning it can transform your feed from a source of anxiety into a more balanced and manageable space.

Mindful Engagement with Content

Beyond simply limiting time and curating content, practicing mindful engagement is crucial. This means approaching your time on Twitter with intention and awareness. Before you open the app, ask yourself why you are doing so. Are you looking for specific information, connecting with someone, or simply seeking a distraction? Being honest about your intentions can help prevent mindless scrolling.

During your browsing session, pay attention to how the content makes you feel. If you notice a tweet or a thread is increasing your anxiety or distress, have the self-awareness to stop and move on. This doesn't mean avoiding important news, but rather processing it in a healthy way and knowing when to disengage. Practice active reading and critical thinking, rather than passively absorbing information.

Developing Alternative Activities

One of the most effective ways to stop doomscrolling is to fill the time you would have spent scrolling with more fulfilling and constructive activities. Identify hobbies and interests that genuinely bring you joy and relaxation. This could include reading physical books, engaging in creative pursuits like drawing or writing, exercising, spending time in nature, or connecting with friends and family in person or through phone calls.

The key is to replace the passive consumption of social media with active participation in life. When the urge to scroll arises, consciously redirect your energy towards one of these pre-planned alternative activities. Having a list of go-to activities readily available can make this transition much smoother and more effective.

Seeking Professional Support

For some individuals, doomscrolling can be a symptom of deeper underlying issues such as anxiety, depression, or obsessive-compulsive tendencies. If you find that you are unable to break the habit on your own, or if the negative impacts on your mental health are significant and persistent, seeking professional support is highly recommended. A therapist or counselor can help you explore the root causes of your behavior and develop personalized coping mechanisms and strategies.

Cognitive Behavioral Therapy (CBT) and mindfulness-based interventions are particularly effective in addressing addictive behaviors and managing anxiety. A mental health professional can also help you build resilience and develop healthier emotional regulation skills, which will benefit you far beyond just your social media habits.

The Long-Term Benefits of Breaking the Cycle

Breaking free from doomscrolling on Twitter yields substantial long-term benefits for your overall well-being. You will likely experience a significant reduction in anxiety and stress levels, leading to improved mood and a greater sense of peace. Your ability to concentrate and focus on important tasks will increase, boosting productivity in both your personal and professional life.

Furthermore, you will reclaim valuable time that can be invested in more meaningful pursuits, fostering personal growth and stronger relationships. By cultivating a healthier relationship with technology, you empower yourself to engage with the world around you more fully and positively, free from the constant weight of digital negativity.

Q: How does doomscrolling on Twitter impact mental health?

A: Doomscrolling on Twitter can significantly impact mental health by increasing anxiety, stress, feelings of hopelessness, and depression. The constant exposure to negative news and distressing content can lead to a distorted perception of reality, making the world seem overwhelmingly bleak and contributing to emotional exhaustion.

Q: What are some quick tips to immediately reduce doomscrolling?

A: To immediately reduce doomscrolling, try setting app timers for Twitter, unfollowing accounts that trigger distress, muting keywords related to negative topics, and consciously taking short breaks to engage in a different activity like stretching or looking out a window.

Q: Can technology itself help stop doomscrolling on Twitter?

A: Yes, technology can help stop doomscrolling on Twitter. Many smartphones have built-in screen time features that allow you to set time limits for apps. Third-party apps also exist that can block access to social media or specific websites after a certain amount of usage, aiding in enforcing digital boundaries.

Q: Is it possible to stay informed without doomscrolling on Twitter?

A: It is absolutely possible to stay informed without doomscrolling on Twitter. Focus on reputable news sources with balanced reporting, set specific times to check headlines, and consider subscribing to newsletters that summarize key events. Curate your Twitter feed to follow accounts that offer factual summaries rather than constant updates on distressing events.

Q: What are the signs that I need to actively stop doomscrolling?

A: Signs that you need to actively stop doomscrolling include noticing a consistent increase in anxiety or sadness after using Twitter, losing track of time, neglecting responsibilities, experiencing sleep disturbances, and finding yourself unable to stop scrolling even when you feel worse.

Q: How can I curate my Twitter feed to avoid negativity?

A: To curate your Twitter feed, actively unfollow accounts that share predominantly negative or inflammatory content. Utilize the "Mute" feature for specific keywords or phrases that you find upsetting. Seek out and follow accounts that share positive news, educational content, inspiring stories, or humor to create a more balanced and uplifting experience.

Q: What are some healthy alternatives to doomscrolling on Twitter?

A: Healthy alternatives to doomscrolling include engaging in hobbies, reading a book, exercising, spending time outdoors, meditating, listening to podcasts, calling a friend, or pursuing creative activities like drawing or writing. These activities provide a sense of accomplishment and relaxation, counteracting the stress of doomscrolling.

Q: Does doomscrolling on Twitter affect sleep quality?

A: Yes, doomscrolling on Twitter can significantly affect sleep quality. The blue light emitted from screens can disrupt melatonin production, making it harder to fall asleep. Furthermore, the anxiety and stress induced by negative content can lead to racing thoughts, preventing restful sleep.

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how to stop doomscrolling on twitter: My Brain Has Too Many Tabs Open Tanya Goodin, 2023-09-14 What are you willing to lose for a connected life? Digital detox expert Tanya Goodin explores the cost that our digital life inflicts on our offline existence, and offers a toolkit to anyone who has lost their way. Whether you are dealing with a partner who is mindlessly scrolling rather than listening to you (phubbing), flooding social media with your child's image (sharenting), or panicking whenever you misplace your phone (nomophobia), learn how to recognise and label harmful habits- both of yourself and others - and find actionable answers in this book. The collision of our online and offline worlds has left us more dependent on technology than ever before, and even more desperate to log off. My Brain Has Too Many Tabs Open is your key to finding digital balance and addressing strange new social norms. Complete with diagnostic guides to tell-tale signs and a manifesto for improved digital citizenship, this habit-improving bible offers the conversation-starting vocabulary we so desperately need to understand and untangle our relationship with technology for a more humane world. Among the scenarios included are: Doomscrolling - endlessly consuming doom-and-gloom news, a habit perpetuated by attention-seeking algorithms that triggers anxiety and depression; Comparison Culture - 52% of teens feel less confident because of feeling inadequate when comparing their social media profiles with other people's; Vampire Shoppers - dead-of-night, sleepless shoppers who spend a third more than daytime shoppers, and range from nocturnal gamers to exhausted parents; Digital Legacies - before the end of the century there could be 4.9 billion deceased internet users, yet only 7% of us want our online profiles maintained after death; Cyberchondria - Dr Google is causing a wave of misdiagnoses from anxious searchers, with 35% of all US adults among this number; Clicktivism - also known as slacktivism, is virtue signalling through performative alignment with online causes, but can it ever amount to meaningful change? Both a wake-up call and a user's guide, My Brain Has Too Many Tabs Open is your key to finding digital balance.

how to stop doomscrolling on twitter: Media Use in Digital Everyday Life Brita Ytre-Arne,

2023-02-20 The ebook edition of this title is Open Access and freely available to read online. Filling a gap between classic discussions on everyday media use and recent studies of emergent technologies, this book untangles how media become meaningful to us in the everyday, connecting us to communities and publics.

how to stop doomscrolling on twitter: The Book of Last Resort: A Subversive Guide for Artists in the Digital Economy Jon Reed, 2023-06-25 This book is exactly what it says: a Book of Last Resort. But if you're an artist toiling without traction, it may be time for something different. Fifteen years in the making, The Book of Last Resort is Jon Reed's hand-crafted love letter to all the artists who aren't where they want to be creatively - or financially. The goal? Turning hard truths about the digital economy into a methodology that artists can use. Is free content a potent marketing tactic, or a trap? How do you effectively build an online audience, as exclusionary algorithms cater to deep pockets or push vacantly viral memes? Until you unravel your creative identity, success is a trap. But your true creative power is found in your scars - and imperfections - that you might try to mask over. Open up, read on, and channel these bittersweet insights into the creative expression that will change the terms of your existence. And yes, this book does address the impact of AI on your creative pursuits. AI is an unfolding part of this story that will pose additional obstacles to creators, both in terms of finding audiences and monetization. AI will also impact the jobs outlook as well. However, AI may end up increasing your audience's craving for the brave, uniquely human aspect of creation Jon advocates for in the Book of Last Resort.

how to stop doomscrolling on twitter: The Big Break Ben Terris, 2023-06-06 No one gets today's Washington like Ben Terris...THE BIG BREAK is the definitive accounting of 'how it works' in this ongoing post-Trump (pre-Trump?) maelstrom. I just imbibed this book. —Mark Leibovich, author of This Town In this fascinating investigation into the real life inner workings of a post-Trump American government, uncover the odd and eccentric personalities grappling for their own bit of power in D.C. The Big Break investigates how Washington works, and how different kinds of people try to make it work for them. Ben Terris presents an inside history of this crucial moment in Washington, reporting from exclusive parties, poker nights, fundraisers, secluded farms outside town and the halls of Congress; among the oddballs and opportunists and true believers. This book is about the people who see this moment as an opportunity to bet big—on their country or maybe just on themselves. It will take a close look at Washington's bold-faced names as they try to get their bearings on the post-Trump (and possibly pre-Trump) landscape. And it will introduce readers to the behind-the-scenes players — MAGA pilgrims and Resistance flamekeepers and shapeshifting veterans — who believe they know what Washington, and America, must do if they're going to survive, or even thrive. Trump's arrival in Washington represented a big break in how the city operated. He surrounded himself with outsiders; power structures reorganized around those who knew him or his family and those who could flatter and influence his base. He changed the way the game was played, only it wasn't actually a game at all. When pro-Trump elements both inside and outside of government plotted to overturn his loss in the 2020 presidential election, the Capitol became a combat zone, then a military fortress. It was, to put it lightly, a destabilizing time. But how much did the Trump years really change Washington? Has Joe Biden's presidency heralded a return to normal, as many had hoped? What did 'normal' mean before Trump, and what do people think it means now? The Big Break will follow a cast of D.C. characters in search of answers to these questions. They are a diverse crew—a pollster with a gambling habit, an oil heiress with a big heart, a cowboy lobbyist, a Republican kingmaker who decided to love Trump and his right-hand man who decided he couldn't any longer. They all share at least one thing in common: They had seen their country go through a Big Break, and they'd come to get theirs.

how to stop doomscrolling on twitter: *Gratitude and Growth* Conrad Riker, Are you tired of chasing fleeting happiness? Do you feel like social media is stealing your joy? Experience the transformative power of gratitude and humility to rewire your brain and improve your mental and physical health. By adopting a mindset focused on effort, discipline, and long-term goals, you can overcome F.O.M.O. and embrace personal growth. This book will teach you practical exercises to

cultivate gratitude in your daily life, helping you achieve long-term equanimity and joy. If you're ready to break free from the pursuit of short-term hedonism and embrace a life of balance and fulfillment, buy this book today.

how to stop doomscrolling on twitter: *The 10-Day Mental Reset* Shakir Amin, 2025-08-02
Feeling mentally fried? Caught in the endless loop of doomscrolling, distraction, and digital burnout? You're not alone—and you're not broken. But you do need a reset. The 10-Day Mental Reset is a blunt, practical, and surprisingly uplifting guide to getting your mind back. In just ten days, you'll go from mental chaos to clarity—without needing a silent retreat, deleting all your apps, or becoming a monk. Inside this no-BS mental detox, you'll learn: Why your brain is overstimulated—and how to calm it A daily system to reclaim focus, motivation, and sanity Simple rituals to ditch phone addiction and decision fatigue How to deal with overthinking, low energy, and emotional clutter Written in a real-talk tone with zero fluff, this book is part pep talk, part science-backed strategy, and part mental makeover plan. Whether you're a stressed-out student, a burned-out entrepreneur, or just tired of living in mental fog—this is your reset button. By the end of 10 days, you'll think clearer, feel lighter, and—just maybe—smile again.

how to stop doomscrolling on twitter: *Reading Mediated Life Narratives* Amy Carlson, 2024-01-25
Calling attention to the unseen mediation and re-mediation of life narratives in online and physical spaces, this ground-breaking exploration uncovers the ever-changing strategies that authors, artists, publishers, curators, archivists and social media corporations adopt to shape, control or resist the auto/biographical in these texts. Concentrating on contemporary life texts found in the material book, museums, on social media and archives that present perceptions of individuality and autonomy, *Reading Mediated Life Narratives* exposes the traces of personal, cultural, technological, and political mediation that must be considered when developing reading strategies for such life narratives. Amy Carlson asks such questions as what agents act upon these narratives; what do the text, the creator, and the audience gain, and what do they lose; how do constantly evolving technologies shape or stymie the auto/biographical “I”; and finally, how do the mediations affect larger issues of social and collective memory? An examination of the range of sites at which vulnerability and intervention can occur, Carlson does not condemn but stages an intercession, showing us how it is increasingly necessary to register mediated agents and processes modifying the witnessing or recuperation of original texts that could condition our reception. With careful thought on how we remember, how we create and control our pictures, voices, words, and records, *Reading Mediated Life Narratives* reveals how we construct and negotiate our social identities and memories, but also what systems control us.

how to stop doomscrolling on twitter: *Everything is True* Roopa Farooki, 2022-01-20
CHOSEN AS A BOOK OF 2022 BY THE GUARDIAN AND NEW STATESMAN 'A STAND OUT'
SUNDAY TIMES 'STARTLINGLY HONEST AND DEVASTATINGLY GOOD' RACHEL CLARKE 'YOU
EMERGE KNOWING HOW LUCKY YOU ARE TO HAVE READ IT' ALI SMITH, NEW STATESMAN
'SEARING' GUARDIAN, 50 hottest reads for summer 'The most powerful and evocative account of
working through the pandemic that I have read' ADAM KAY 'A laser guided insight into what's been
happening in hospitals during the pandemic laying bare what we were all clapping for ... Beautifully
written, brutally honest' JO BRAND From the frontlines of the NHS, the story of a junior doctor's
love, loss and grief through the Covid-19 crisis

----- In early 2020, junior doctor
Roopa Farooki lost her sister to cancer. But just weeks later, she found herself plunged into another
kind of crisis, fighting on the frontline of the battle taking place in her hospital, and in hospitals
across the country. *Everything is True* is the story of Roopa's first forty days of the Covid-19 crisis
from the frontlines of A&E and the acute medical wards, as struggling through her grief, she battles
for her patients' and colleagues' survival. Working thirteen-hour shifts, she returns home each
evening to write through her exhaustion, chronicling the devastating losses and slowly eroding
dehumanisation happening in real time on the ward. At once an unflinching insider's account of
medicine in the time of coronavirus, and the devastating story of a sister's grief, *Everything is True*

is an exhilarating memoir of holding on to that which makes us human against insurmountable odds. 'An extraordinary writer ... Beautiful, heartbreaking, brilliant, furious and oh-so-honest - an amazing read' KATE MOSSE

how to stop doomscrolling on twitter: *In Deep Waters* Talitha Amadea Aho, 2022-04-26 The starting point for *In Deep Waters: Spiritual Care for Young People in a Climate Crisis* is not news: the world as we know it is shifting. Several millennia of climate stability have come to an abrupt end. But, observes Talitha Amadea Aho, the young people of today do not remember stability. They see the world through crisis-colored glasses. Climate change is creating a spiritual emergency that is hitting their generation harder than any other. Today's climate crisis calls people of faith to a communal spiritual practice of care, especially for those who are more vulnerable because of their youth--the children, youth, and young adults of Generation Z. We must learn how to offer spiritual care that is informed by the spiritual-ecological crisis of their generation. This book will help you keep young people at the center of your community and listen to the troubles they have to share. Whether you are a Gen Z peer or a caring adult of any other generation, *In Deep Water* will show you how to offer ecologically informed spiritual care. We all need to do it today; we cannot wait until one of today's youngest generations grows up.

how to stop doomscrolling on twitter: *Unshakable Focus Blueprint* Ethan Cole, Are you tired of feeling scattered, distracted, and stuck in digital chaos—even when you're working hard to get ahead? In today's world, your attention is under attack. Every ping, buzz, and endless scroll is designed to hijack your brain. But here's the truth: focus is not dead—it's a skill you can reclaim. *Unshakable Focus Blueprint* gives you the step-by-step system to break free from distraction, sharpen your concentration, and finally achieve the goals that matter most—without burning out or running to the woods to escape technology. □ Discover the hidden cost of distraction and how it silently drains your time, energy, and potential. □ Rewire your brain for deep focus using neuroscience-backed strategies that train your attention like a muscle. □ Enter the flow state on demand with proven triggers used by top performers, creatives, and athletes. □ Detox your digital life without quitting it, using realistic methods to set boundaries while staying connected. □ Master the Productivity Pyramid—a framework that turns focus into systems and systems into unstoppable execution. □ Defeat procrastination for good by uncovering the emotional roots that keep you stuck and replacing them with momentum. □ Design unshakable habits that make focus your default setting—in work, relationships, and daily life. This isn't another list of "hacks." It's a science-backed blueprint for achievers who want more than busywork. If you're ready to stop losing time to distractions and start building a life of clarity, presence, and real results, this book is your guide. Take back your mind. Build unshakable focus. Become unstoppable.

how to stop doomscrolling on twitter: *NutMag Volume 5: Lost* Ali Gallo, Celine Wu, Diyaa Mani, JY Tan, Lee Chow Ping, Lucille Dass, Petrina Anthony, Rebecca Vega, Yeap Qian Fang, Yee Heng Yeh, 2021-10-16 The days blend together as you hole up at home for the nth week running. Who knows what the next pandemic update will bring? Who knows when we'll meet another living person? Or how? *NutMag 5: Lost* channels all our pandemic feelings, exploring our fragile grip on reality, the disconnect we feel with others as we quarantine and self-isolate, and grapples with the presence of death and loss.

how to stop doomscrolling on twitter: *Smile, It Won't Kill You... Probably.* Terryvin Sherridan, 2024-11-28 *Smile, It Won't Kill You... Probably* Discover Simple Hacks for Daily Happiness and Positive Thinking. Are you tired of pretending to be happy all the time? Exhausted from scrolling through Instagram and wondering why everyone else seems to be living their best life (while you're just living)? Well, it's time to stop faking it and start making it—with a smile. (No, seriously. It's cheaper than therapy.) *Smile, It Won't Kill You... Probably* is the sarcastic, no-BS guide to happiness you never knew you needed. Packed with practical tips and laugh-out-loud moments, this book tackles the real obstacles that make happiness feel like a full-time job. From silencing that annoying voice in your head to hacking your mood in five minutes or less, we're breaking down all the happiness myths that social media won't tell you. You'll learn how to: Stop waiting for "someday"

and find happiness in the messy, everyday stuff. Shut up your inner critic and conquer negative self-talk. Ditch the drama and surround yourself with people who actually don't suck. Rewire your brain for positivity—without turning into a walking motivational poster. Add more joy to your life with simple, science-backed hacks (that actually work). Whether you're a lifelong pessimist or just too busy to meditate for hours, this book is full of real solutions you can actually apply today (with a side of sarcasm, of course). So, are you ready to finally stop pretending and start living? Sit back, relax and enjoy!

how to stop doomscrolling on twitter: I, Human Tomas Chamorro-Premuzic, 2023-02-28 For readers of *Sapiens* and *Homo Deus* and viewers of *The Social Dilemma*, psychologist Tomas Chamorro-Premuzic tackles one of the biggest questions facing our species: Will we use artificial intelligence to improve the way we work and live, or will we allow it to alienate us? It's no secret that AI is changing the way we live, work, love, and entertain ourselves. Dating apps are using AI to pick our potential partners. Retailers are using AI to predict our behavior and desires. Rogue actors are using AI to persuade us with bots and misinformation. Companies are using AI to hire us—or not. In *I, Human* psychologist Tomas Chamorro-Premuzic takes readers on an enthralling and eye-opening journey across the AI landscape. Though AI has the potential to change our lives for the better, he argues, AI is also worsening our bad tendencies, making us more distracted, selfish, biased, narcissistic, entitled, predictable, and impatient. It doesn't have to be this way. Filled with fascinating insights about human behavior and our complicated relationship with technology, *I, Human* will help us stand out and thrive when many of our decisions are being made for us. To do so, we'll need to double down on our curiosity, adaptability, and emotional intelligence while relying on the lost virtues of empathy, humility, and self-control. This is just the beginning. As AI becomes smarter and more humanlike, our societies, our economies, and our humanity will undergo the most dramatic changes we've seen since the Industrial Revolution. Some of these changes will enhance our species. Others may dehumanize us and make us more machinelike in our interactions with people. It's up to us to adapt and determine how we want to live and work. The choice is ours. What will we decide?

how to stop doomscrolling on twitter: The Quarantine Atlas Laura Bliss, A Bloomberg CityLab Project, 2022-04-19 *The Quarantine Atlas* is a poignant and deeply human collection of more than 65 homemade maps created by people around the globe that reveal how the coronavirus pandemic has transformed our physical and emotional worlds, in ways both universal and unique. Along with eight original essays, it is a vivid celebration of wayfinding through a crisis that irrevocably altered the way we experience our environment. In April 2020, Bloomberg CityLab journalists Laura Bliss and Jessica Lee Martin asked readers to submit homemade maps of their lives during the coronavirus pandemic. The response was illuminating and inspiring. The 400+ maps and accompanying stories received served as windows into what individuals around the world were experiencing during the crisis and its resonant social consequences. Collectively, these works showed how coronavirus has transformed the places we live, and our relationships to them. In *The Quarantine Atlas*, Bliss distills these stunning submissions and pairs them with essays by journalists and authors, as well as notes from the original mapmakers. The result is an enduring visual record of this unprecedented moment in human history. It is also a celebration of the act of mapping and the ways maps can help us connect and heal from our shared experience.

how to stop doomscrolling on twitter: Expressive Networks Matthew Kilbane, 2025-06-10 *Expressive Networks* convenes an urgent conversation on digital media and the social life of contemporary poetry. Tracing how poems circulate through online spaces and how capitalized platforms have come to pattern the reading and writing of poetry, contributors emphasize both the expressivist cast of digital literary culture and the deep-running ambivalence that characterizes aesthetic and critical responses to platformed cultural production. The volume features chapters on Pan- African spoken word programs, Singaporean Facebook groups, decolonial hemispheric networks, and Japanese media-critical poetries as well as platforms such as Twitter/X, Instagram, and Amazon. Though contributors write from a variety of methodological positions and address

themselves to a range of archives, they share the primary conviction that the impact of Web 2.0 on literary practice is far-reaching, far from self-evident, and far more variegated and unpredictable than easy summations of social media's influence suggest. Expressive Networks asks after poetry's present and future by examining what poems themselves express about the social make-up of networked platforms. Edited by Matthew Kilbane with contributions from Cameron Awkward-Rich, Micah Bateman, Andrew Campana, Sumita Chakraborty, Scott Challener, C.R. Grimmer, Tess McNulty, Michael Nardone, Seth Perlow, Anna Preus, Susanna Sacks, Carly Schnitzler, Melanie Walsh, and Samuel Caleb Wee.

how to stop doomscrolling on twitter: *The Internet Is for Cats* Jessica Maddox, 2022-10-14
LOL cats. Grumpy Cat. Dog-rating Twitter. Pet Instagram accounts. It's generally understood the internet is for pictures of cute cats (and dogs, and otters, and pandas). But what motivates people to make and share these images, and how do they relate to other online social practices? *The Internet is for Cats* examines how animal images are employed to create a lighter, more playful mood, uniting users within online spaces that can otherwise easily become fractious and toxic. Placing today's pet videos, photos, and memes within a longer history of mediated animal images, communication scholar Jessica Maddox also considers the factors that make them unique. She explores the roles that animals play within online economies of cuteness and attention, as well as the ways that animal memes and videos respond to common experiences of life under neoliberalism. Conducting a rich digital ethnography, Maddox combines observations and textual analysis with extensive interviews of the people who create, post and share animal media, including TikTok influencers seeking to make their pets famous, activists tweeting about wildlife conservation, and Redditors upvoting every cute cat photo. *The Internet is for Cats* will leave you with a new appreciation for the human social practices behind the animal images you encounter online.

how to stop doomscrolling on twitter: *The New Normal Work life Balance* Dwayne Anderson, 2021-09-15
The #New Normal Work-Life Balance Are You Struggling To Balance Your Work & Life Amid This NewNormal? Discover How To Get Control of Your Life, Avoid Stress & Burnouts By Maintaining A Proper Balance Between Your Work & Life While Working Remotely During This Pandemic!!! It has been over a year and we've seen and done things we'd never imagine! From stockpiling toilet paper, hand sanitizer, fighting over face masks, to working from the couch. Although the frenzy of stockpiling has subsided, we continue to work from home. This Transition Has Been Unfamiliar, But It Has Become Our NEW NORMAL! Everyone fortunate enough to remain employed (as some companies had to shut down offices or undergo major retrenchment) had to instantaneously adapt to the new routine. Here's something that will surprise you. Ever since the Work-From-Home model has come into effect, work-life balance has been affected. Now, you may be wondering if employees are working from home, wouldn't that be good for their family life? After all, they are spending most of their time at home, leaving them to have a better work-life balance. The truth is that work-life balance has been highly affected because of the work from home model, and the 'new normal'. As a matter of fact... Seven in 10 Americans working from home during COVID-19 are struggling to maintain a healthy work-life balance. 65% of people admit that now that they're working remotely, they're working longer hours than ever before. 56% of people say they're more stressed about work than ever before when working from home during COVID-19. The average workday lengthened by 48.5 minutes following stay-at-home orders and lockdowns. 40% of remote workers say unplugging after hours is the biggest challenge of working remotely. 67% of people working remotely feel pressure to be available at all hours of the day. 29% of remote workers say they struggle to have a work-life balance, compared to 23% of in-office employees. Though #workfromhome has mostly been a blessing, there are a few drawbacks - the skewed work-life balance is one of them. According to the Harvard Business Review, close to \$190 billion is spent on employees facing burnout. A poor work-life balance is one of the major reasons for burnout, and therefore, must be addressed at the earliest. Especially given the unpredictable, often under-pressure workplace environment and the added blurring of lines between work and personal because of the need to work from home more often due to COVID. If you want to have a more

balanced life then it's important to understand what balance even is. Because most people get it wrong and end up feeling stressed, tired, and overworked with no time for themselves, their families, and friends. Well, not anymore... Because we are about to show you what is the right work-life balance and how you can achieve it in the new normal quickly and easily... Learn How To Manage Your Work Environment During This Pandemic To Create A Better Work-Life Balance! A comprehensive guide that will help you to achieve work-life balance as a remote worker, get control of your life and adopt healthy lifestyle changes.

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how to stop doomscrolling on twitter: Disability in Dialogue Jessica M.F. Hughes, Mariaelena Bartesaghi, 2023-09-15 What would it mean to invite disability into dialogue? *Disability in Dialogue* attunes us to the dialogues of and about disability. In the pages of this book, we ask readers to consider the dialogic constitution of disability and to imagine its reformulation. We find the voices, bodies, social norms, visceral experiences, discourses, and acts of resistance that materialize disability in all its dialogic and enfleshed complexity: tensions, contradictions, provocations, frustrations and desires. This volume makes a unique contribution, bringing together authors from disciplines as diverse as communication, dialogue studies, psychology, sociology, design, rhetoric and activism. Because we take dialogue seriously, this book is designed to be brave as we examine the ways of being in the world that dialogic practices engender and allow, as well as beckon to continue. By way of a variety of frameworks, such as discourse analysis, dialogue studies, narrative analysis, and critical approaches to discourse, the chapters of this book take us through a polylogue of and about disability, demanding that we consider our own roles in bringing forth disabled ways of being and how we might, instead, choose ways that enable our common existence.

how to stop doomscrolling on twitter: The Coach's Guide to Completing Creative Work Eric Maisel, Lynda Monk, 2023-06-27 This book brings together 38 creativity coaches from around the world to offer coaches, therapists, creatives and clients accessible and practical tools to get their creative work done. Curated by two leading creativity coaches, these chapters seek to help coaches and clients alike tackle common challenges that all creatives face when finishing a project. Chapters cover topics such as procrastination, failure, accountability, perfectionism, mindfulness, the importance of support, perseverance and more, with each section finishing with tips for both clients and coaches that can be used in sessions. Filled with rich case studies and true stories from creativity coaches throughout, this book addresses the current issues of our times, such as the distractions of social media, remote working and the effects of the COVID-19 pandemic. Applicable to a range of creative disciplines, this book is essential reading for coaches, therapists and their creative clients looking to complete their creative work efficiently and effectively.

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