

# ***Title: Kiss Your Brain Goodbye***

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# How often do you use social media?

Please go to our pole to provide your answer

<http://etc.ch/Kaeu>

30 seconds

[Results](#)

## Did you know?

70% of Facebook users check it daily

45% do it several times a day







# Social Media is Rewiring Your Brain

*Watch the following video!*

[https://www.youtube.com/watch?v=HffWFd\\_6bJ0](https://www.youtube.com/watch?v=HffWFd_6bJ0)

# Take back control of your life again

- *Purposefully* turn off your internet connection during certain days of the week; encourage yourself, friends and family to replace social media time with other activities.
- Ask your company IT person to modify your router settings to automatically implement a policy of *no social media websites* for more than 30 minutes a day.
- Enforce a *no smart phones policy* when you go outdoors with your family or friends. All phones stay at home!

**Let's do a final vote!**

**<http://etc.ch/pZx7>**

**[Results](#)**



# Thank You

*LEAD TCM&L™ Social Projects is an initiative by the company to present to the public **state-of-the-art** behavioral research conducted by philanthropists to address key social issues in demand of further investigation!*

*Interested in knowing more about this research and its results? Interested in speaking with or meeting the behavioral research team behind this project, or receiving a presentation from them?*

*Please contact us as [info@leadtcml.com](mailto:info@leadtcml.com)*