

## IO19-29 UnSocial Media: Virtual World Causing Real World Anxiety

**PRESENTED BY****Wade Sorochan****SERIES SESSIONS**

Date	Time
March 05, 2019	9:30 AM - 3:00 PM

**LOCATION****St. Paul Regional High School Room 220 - 4701  
- 44 Street****FEE****\$140.00****QUESTIONS?****Contact Us:****780-623-2248****REGISTER ONLINE****Visit our website to register:****Ines.ca**

### Program

National award winning speaker, author and mental health advocate Wade Sorochan reveals the effects of social media on mental health. Studies now show that social media can actually make you feel sad, anxious and depressed. Research now confirms that addiction to smartphones, social media, and technology in general is equivalent to an addiction to a drug like heroin. Teens are experiencing higher levels of anxiety than ever before mostly due to social media. This popular presentation has been featured at teacher's conventions and schools throughout Alberta impacting thousands of students and teachers. Wade Sorochan is recognized as "Canada's Social Media Expert."—The Toronto Star, CTV, Global TV, City TV. Presentation Includes:

- How social media can cause feelings of sadness, loneliness, envy, resentment, low self-esteem, anxiety and depression.
- Important facts about mental illness
- Symptoms of "Social Media Anxiety Disorder"
- The latest social media trends raising concerns
- Smartphones; The Heroin of Technology
- Tips to break social media, video game and smartphone addiction

- How screen time affects sleep
- Thinking before posting
- Sexuality and technology
- "Me. My Selfie and I;"The ramifications of a self-obsessed generation
- How to bring back "balance" to a teen's life.
- The effects of FOMO (Fear of Missing Out)
- Online safety tips

This learning opportunity is being offered through a grant from Alberta Education.

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## Presenters

### Wade Sorochan

Wade Sorochan is an accomplished Alberta broadcaster who is recognized as a talk show pioneer. Nicknamed the "Tone Arm" Wade became the first broadcaster in history to spontaneously use song clips to enhance a radio talk show. As a mental illness survivor, Wade is a sought after motivational speaker sharing his inspiring personal story of living with mental illness at numerous events, including the 2011 International Symposium on Wellness and the 2017 National Mental Health Conference. Wade Sorochan is a national recipient of the CAMH (Centre for Addiction and Mental Health Difference Makers Award recognizing 150 leading Canadians for mental health and the Canada 150 in 150 Award recognizing inspiring Albertans and the author of the ground-breaking book UNSOCIAL MEDIA: Virtual World Causing Real World Anxiety.

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## Registration Notes

Registration includes a continental breakfast and lunch.

Wade's book: UnSocial Media: Virtual World Causing Real World Anxiety will be available for purchase for \$20.00/book.