NEW YORK STATE TRAUMA-INFORMED NETWORK

FOCUS FORWARD...

BRINGING YOU THE LATEST NEWS FROM THE NYS TRAUMA INFORMED NETWORK

Resources | Connection | Inspiration

FOCUS
Your Brain on Social Media: How Technology Impacts Mental Wellness

NEW RESOURCES
Opportunities to learn more on this month's focus

CHAMPION'S CORNER
Features champion
Gwen Olton
Co-Director, MK Gandhi Institute for Nonviolence

TIPS
Getting the most from the NYS Trauma-Informed Network

2022 NYS TI Network Quarterly Meetings Calendar!

WELCOME

TO THE NEW YORK STATE TRAUMA-INFORMED NETWORK

We're here to connect you with other organizations around NYS, bringing you resources and events on a variety of topics that promote trauma-responsive practices.

Our goal is to support champions of trauma responsive practices across the state with improved connection and access to quality resources. Together we can increase the collective understanding of trauma, improve practice, and support resilience throughout New York State.

FOCUS ON:
Your Brain on Social Media: How Technology Impacts Mental Wellness

Focus: Your Brain on Social Media: How Technology Impacts Mental Wellness

Those of us with trauma histories are especially vulnerable to the addictive properties of social media and some of these app designs. While this seems like a personal struggle, there are systemic reasons that smartphone apps are so compelling. Changing some of how we interact with our phones can lower our nervous system activation and help us focus. Taking a couple deep breaths before opening an app can help lower your heart rate and build a pause before a compulsive phone behavior. Practicing single-tasking (instead of multi-tasking) when on screens can lower anxiety and help us focus. Putting phones out of sight and out of the room when trying to focus on a project, task, or hobby can help us focus.

READ THIS MONTH'S BLOG POST

Additional Resources

Here are some important resources:

- Children and Young People Mental Health in the Digital Age
- Technology Addiction: Creating a healthy balance
- Social Media and Mental Health

Search Resources at the NYS Trauma-Informed Network for more

Champion's Corner

Gwen Olton

Gwen is a lifelong student of nonviolence and brings her unique background in mental health nursing and conflict transformation to her work at the Institute. She is a lifelong learner of communication models and group processes that help transform conflicts to leverage for more systemic and liberatory change. She is an Appreciative Inquiry facilitator, member of the Motivational Interviewing Network of Trainers, restorative process facilitator, transformative

Co-Director, MK Gandhi Institute for Nonviolence

mediator, and an Apprentice Provider with the Nonviolent Global Liberation Community.

Gwen studied philosophy (as well as geological sciences) at the University of Rochester, nursing at St. John Fisher College, and obtained a master's in peace and conflict resolution from Arcadia University. She has a book on conflict transformation scheduled for publication in 2022.

TIPS

Here are some suggestions to help you get the most out of the NYS Trauma-Informed Network. Add a resource, share an event, help us spread the word and drive change in NYS.

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