

THROUGH the SCREEN:
my LIFE IN THE DIGITAL MIRROR

SOCIAL MEDIA HAS BEEN A DOUBLE-EDGED SWORD IN MY LIFE! A SPACE OF CONNECTION AND EXPRESSION BUT ALSO A SOURCE OF ANXIETY AND SELF-DOUBT.

IT'S WHERE I BUILD RELATIONSHIPS, EXPRESS MY THOUGHTS, AND EXPLORE MY IDENTITY, YET IT'S ALSO WHERE I STRUGGLE WITH DISTRACTION, COMPARISON, AND INFORMATION OVERLOAD.

THIS PERZINE IS A REFLECTION ON MY EVOLVING RELATIONSHIP WITH SOCIAL MEDIA, AND HOW IT HAS SHAPED MY HABITS, MY SENSE OF SELF, AND MY VISION FOR THE FUTURE



FRAMING MY DIGITAL SELF



SCROLLING THROUGH MY TIMELINE, I SEE FRAGMENTS OF MY LIFE: PHOTOS, STATUS UPDATES, AND CURATED POSTS THAT CREATE AN IMAGE OF ME THAT FEELS BOTH REAL AND UNREAL. SOCIAL MEDIA HAS BECOME A MIRROR, REFLECTING NOT JUST WHO I AM BUT WHO I WANT TO BE.

DO WE SHAPE OUR
SOCIAL MEDIA
PRESENCE, OR
DOES IT SHAPE
US?!

I HAVE CURATED MY
FEED TO REFLECT MY
INTERESTS, MY WORK,
AND MY JOYS, YET I
OFTEN WONDER! HOW
MUCH OF THIS IS
AUTHENTICITY, AND
HOW MUCH IS
PERFORMANCE?

MY MORNINGS START
WITH A QUICK GLANCE AT
MY PHONE.

NOTIFICATIONS,
MESSAGES. SOCIAL MEDIA
IS EMBEDDED IN MY
DAILY ROUTINES, FROM
STAYING CONNECTED
WITH DISTANT FRIENDS
TO FINDING INSPIRATION
FOR MY CREATIVE
PROJECTS.



SOCIAL MEDIA MAKES ME
FEEL BOTH CONNECTED
AND DISCONNECTED.



I CAN SHARE MY THOUGHTS
WITH THE WORLD INSTANTLY.
I'VE MET PEOPLE WITH
SHARED INTERESTS, AND I'VE
FOUND A VOICE IN DIGITAL
SPACES.

THE NOISE, THE NOTIFICATIONS,
THE ENDLESS NEED TO STAY
UPDATED! IT'S EXHAUSTING.
THE PRESSURE TO BE
AVAILABLE, TO RESPOND, TO
POST, IS A CYCLE THAT CAN
FEEL INESCAPABLE.

HOW DO I CREATE
BOUNDARIES THAT
ALLOW ME TO ENJOY
THE BENEFITS WITHOUT
THE BURNOUT?



SOCIAL MEDIA
KEEPS ME
CONNECTED TO
THE WORLD, YET IT
OFTEN LEAVES ME
FEELING DRAINED
AND DISTANT
FROM MYSELF.





AS I NAVIGATE SOCIAL
MEDIA, I'VE BECOME
MORE AWARE OF THE
ETHICAL DILEMMAS IT
PRESENTS:

DATA PRIVACY

WHO OWNS MY DIGITAL
FOOTPRINT?

EVERY TIME I POST, LIKE,
OR SEARCH, I LEAVE BEHIND
A DIGITAL TRAIL. SOCIAL
MEDIA PLATFORMS COLLECT
MY DATA—WHAT I ENGAGE
WITH, HOW LONG I STAY,
AND EVEN WHAT I TYPE BUT
DON'T POST.

SCREEN TIME

AM I PRESENT IN MY REAL
LIFE?

I OFTEN CATCH
MYSELF MINDLESSLY
SCROLLING WHEN I
SHOULD BE FOCUSING
ON WORK,
CONVERSATIONS, OR
EVEN REST.

ACCESSIBILITY

WHO GETS LEFT OUT OF
DIGITAL CONVERSATIONS?

ALGORITHMS FAVOR
CERTAIN VOICES
WHILE SILENCING
OTHERS, SHAPING
WHAT PERSPECTIVES
ARE HEARD.

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THE FUTURE OF MY DIGITAL SELF!



I MUST LEARN TO CONTROL
RATHER THAN LET SOCIAL
MEDIA CONTROL ME.


I ENVISION A FUTURE WHERE
I USE TECHNOLOGY
INTENTIONALLY, MINDFULLY,
AND CREATIVELY.


THIS RAISES A BROADER
QUESTION: CAN TECHNOLOGY EVER
BE FULLY CONTROLLED, OR IS THE
RELATIONSHIP ALWAYS SOMEWHAT
RECIPROCAL, WITH DIGITAL
PLATFORMS INFLUENCING EVEN
THOSE WHO SEEK TO USE THEM
MINDFULLY?

I ENVISION A HEALTHIER
RELATIONSHIP WITH SOCIAL MEDIA BY
USING IT MORE INTENTIONALLY,
REDUCING SCREEN TIME, AND
FOSTERING AUTHENTIC
INTERACTIONS. INSTEAD OF MINDLESS
SCROLLING, I WANT TO ENGAGE WITH
CONTENT THAT ALIGNS WITH MY
VALUES AND GOALS. SETTING
BOUNDARIES, LIKE SCREEN-FREE
HOURS, WILL HELP ME FOCUS ON
MEANINGFUL ACTIVITIES. I ALSO
WANT TO PRIORITIZE GENUINE
CONVERSATIONS OVER PASSIVE
CONSUMPTION, CREATING A MORE
BALANCED AND FULFILLING DIGITAL
EXPERIENCE.

HEALTHY RELATIONSHIP WITH SOCIAL MEDIA:

 MORE CONSCIOUS
ENGAGEMENT.

 MORE TIME AWAY FROM
SCREENS.

 MORE SPACE FOR REAL,
UNFILTERED SELF-
EXPRESSION.



**i honor my
boundaries**



**I'VE REALIZED THAT SOCIAL MEDIA IS NOT
INHERENTLY GOOD OR BAD—IT'S HOW I USE IT
THAT DEFINES MY EXPERIENCE.**

**MOVING FORWARD, I AIM TO BE MORE
PRESENT, TO SET BOUNDARIES, AND TO
ENGAGE WITH TECHNOLOGY IN WAYS THAT
ENHANCE, RATHER THAN DETRACT FROM MY
LIFE.**



**THANK YOU FOR READING! YOUR
VOICE MATTERS!**

**WHAT'S YOUR RELATIONSHIP
WITH TECHNOLOGY? DO YOU
CONTROL IT, OR DOES IT
CONTROL YOU? SHARE YOUR
THOUGHTS IN THIS SPACE.**

