© Best Version Media



Chaille DeFaria, MCC, CDWF

CULTIVATING COURAGE WITH CHAILLE

The Value in Our Connection

By Chaille DeFaria MCC, CDWF

"We are all just walking each other home."
– Rumi,13th-century Persian poet.

If ground theory tells us we are wired for *human* connection to survive, how do we stay connected when we are constantly wired to our phones, computers, TV, and social media?

It often feels like an express train to nowhere when I think about our obsessive behavior around social media. The next "point and click" may be enticing or more desirable than the last. One dopamine hit after the next keeps us scrolling and swiping.

Distractions are everywhere. People look glazed over, not present. Both anxiety and depression have been on the rise. Anxiety and depression symptoms are up in our society. According to ADAA.org/understanding-anxiety/facts-statistics, anxiety disorders are the most common mental illness in the US affecting 19.1 percent of the population 18 and older.

So how do we navigate social media? As a Master Certified Coach who witnesses self-worth and identity being crushed by comparison through social media and false data, I wonder how we can stay grounded with the rug being pulled out from underneath our feet. It's no doubt a giant sinkhole we've created, but I have faith in our common humanity.

To snap out of unintentional behavior, here are some practices you might try:

- Recognize triggers when engaging on social media. Is it mindless or distracting you from focusing?
- Be aware of what takes your precious time and attention away from you. Your time and attention to another person is irreplaceable.
- Get a real alarm clock.
- Have the courage to ask a friend or loved one what they have noticed about your relationship with your phone.



- Limit or delete apps: Check out the Freedom app or go Cold Turkey.
- Detox with a friend.
- Re-evaluate and return: A break is always good, try to return with some real intention.
- Leave your phone at home while you run an errand!

It is hard enough striving for our own excellence, but even harder when we are unconsciously chasing perfectionism and "FOMO" (Fear Of Missing Out). The "Likes" and "Thumbs up" are anything but! Getting sucked inside the virtual vortex can make us lose sight of who we genuinely are, our own uniqueness. It is almost as if we want to morph into something we can never be!

ChailleDeFaria.com

Chaille DeFaria is a MCC (Master Certified Coach), and CDWF (Certified Daring Way Facilitator for Brené Brown).

HOUSES ARE US LLC
Cleaning Service

WHY CHOOSE US
Over 10 Years Of Professional Cleaning Experience
Licensed | Bonded | Insured
We are dedicated to keeping your space clean and making your life easier.

Thorough house cleaning service
Move out cleaning services
Window cleaning
Sanitizing services

WE OFFER:
- One-time, weekly, bi-weekly, and monthly services at your convenience.
- Expertise and prices you won't find anywhere else.
- Customer satisfaction in everything we do.



Juan Torres
Owner

424.407.9308
HousesAreUsCA.com