

COLOR THE CIRCLE

Wednesday, October 23

Show Your Care, Make Your Mark!

Grab some chalk from any of the buckets around campus and help fill the sidewalks with messages and artwork of hope, inspiration, recovery, mental health & depression awareness or our slogan "See You Tomorrow".

Tuesday, October 22

What Level Can You Make It To?

Choose a level you think you can master & challenge yourself to complete it this week!

Level 1/ Beginner: 12 Hours No Social Media

Level 2/ Moderate: 24 Hours No Social Media

Level 3/ Pro: One Weekend No Social Media

We're so glad you're doing the challenge! But please don't ghost the people who care about you. You don't want them to worry, so let them know what you are doing before you go dark.



SOCIAL MEDIA DETOX CHALLENGE

People who spend 2+ hours a day on Social Media are 2-3x more likely to experience generalized anxiety, social anxiety, low self-esteem, loneliness and depression. The average time teens and young adults spent per day on social media was 9 hours in 2018.

Approval: Engle 10-23-19

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