# Combating Brain Rot: For Leaders

**Brain Rot Resources:**

*Digital Liturgies*, Samuel D. James - how the habitat of internet technology undermines Christian wisdom.

*Superbloom*, Nicholas Carr - secular, an exploration of how social media has warped our sense of self and society.

<https://www.newportinstitute.com/resources/co-occurring-disorders/brain-rot/#:~:text=Brain%20rot%20is%20a%20condition,negative%20and%20%20distressing%20news%20online>.

 The impact of brain rot on mental health.

*The Anxious Generation*, Jonathan Haidt - secular, an investigation into the collapse of youth mental health in the era of smartphones.

*Atomic Habits*, James Clear - secular, a framework for making tiny changes and seeing results.

Social Media and outrage: <https://tobias.substack.com/>

*The Social Dilemma*, Netflix documentary

“Welcome to the Internet,” Bo Burnham <https://www.youtube.com/watch?v=k1BneeJTDcU>

Essay on information addiction, Andrew Sullivan: <https://www.usna.edu/CoreEthics/Essays/Sullivan_-_I_used_to_be_a_human_being.pdf>

*Scrolling Ourselves to Death*, Brett McCracken - Christian wisdom for our tech-saturated age.

**Research:**

Study on doomscrolling: <https://pmc.ncbi.nlm.nih.gov/articles/PMC9580444/>

Problematic news consumption harms mental and physical health: <https://www.tandfonline.com/doi/full/10.1080/10410236.2022.2106086>

Chinese study on social media addiction and executive functioning: <https://www.dovepress.com/effect-of-social-media-addiction-on-executive-functioning-among-young--peer-reviewed-fulltext-article-PRBM>

Your brain on Google: <https://pubmed.ncbi.nlm.nih.gov/19155745/>

Multitasking with a laptop: <https://link.springer.com/article/10.1007/BF02940852>

Distraction and memory: <https://pubmed.ncbi.nlm.nih.gov/16868087/>

Heavy media use and distraction: <https://pubmed.ncbi.nlm.nih.gov/19706386/>

How does the internet affect brain development: <https://pmc.ncbi.nlm.nih.gov/articles/PMC6502424/>

Online social networks amplify outrage: <https://www.science.org/doi/10.1126/sciadv.abe5641>

Our brains are lazy and we just steal other people’s opinions: <https://www.science.org/doi/10.1126/sciadv.aax0754>

Stats on children owning smartphones: <https://www.statista.com/statistics/1324262/children-owning-a-smartphone-by-age-us/>

**Social Skills:**

*Side by Side*, Ed Welch - walking with people through life’s struggles

*How to Know a Person*, David Brooks - secular, improving relational connections

*You’re Not Listening*, Kate Murphy - secular, developing the mindset and skillset to be a more humble listener

*Captivate*, Vanessa Van Edwards - secular, improving social skills and learning charisma

*Emotional Intelligence*, Daniel Goleman - secular, developing emotional literacy

**Conflict Management:**

*Getting to Yes*, Roger Fisher and William Ury - principled negotiation methods, based on the Harvard Negotiation Project.

*The Peacemaker,* Ken Sande - a biblical guide to resolving personal conflict

*Fight Right*, Gottman & Gottman - secular, turning conflict into connection

RW360 Blogs - relational wisdom topics aplenty (aging, the brain, emotions, etc): <https://rw360.org/rw-blog/>