**Social Media Fast**

**Staff Wellness December Throw Down Challenge**

# We challenge you and your staff members to eschew social media and

**encourage more face to face contact with your friends, family and peers in this holiday season. Social media for this challenge includes Facebook, Twitter and Instagram.**

**For the week of December 10th to the 15th staff are encouraged to put a message on their social media accounts indicating they are away for this 5 day period.**

**On December 17th each staff is to report to their Health Champion if they have accomplished this goal. If 50% of your staff complete the challenge the Health Champion will report this accomplishment to Deb Bosch.**

Some key benefits of Face to Face communication…

* There is no greater way to gauge what an individual is thinking than to speak to them in person. Spoken words account for less than 10% of the communication between humans. The rest consists of body language, voice inflection, facial cues etc. Social media does not allow one to communicate

with someone on a level that will allow one to “read” the subtleties in their communication that are

not made up of actual words.

* It also allows you to get a clear picture of how well your message has been understood.
* One of the biggest advantages of face to face communication is that it can create a bond of trust between people in a way that electronic communication simply cannot.
* Face to face communication allows for discussion as there is immediate feedback from the listener.
* Speaking to someone in person can make it much easier to motivate them.