

Algorithms and Mindfulness



Algorithms and Mindfulness

Mind_Hub
2025



Ayesh Karunaratne | <https://aye.sh/talk/mindhub-algorithms-and-mindfulness>



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How many **times** did you
unlock your phone today?

A smartphone is shown at an angle on a wooden surface. The screen displays a 'Social' folder with icons for Facebook, Messenger (with a 170 notification badge), Instagram, Twitter, and WhatsApp. A coin is visible in the blurred background.

**How many times did you
unlock your phone today?**

**How many times did you
really have to?**





“

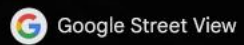
Social media is the ultimate equalizer. It gives a voice and a platform to anyone willing to engage.

— Amy Jo Martin

”



17 Ngh. 43/43 P. Chùa Bộc
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Oct 2018

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Image capture: Oct 2018 © 2025 Google Global Terms Privacy Report a problem







**We live in a society
bloated with data
yet starved for wisdom**

— Elizabeth Kapuʻuwailani Lindsey

#fyp

Self-collected Experiences

Self-collected Experiences

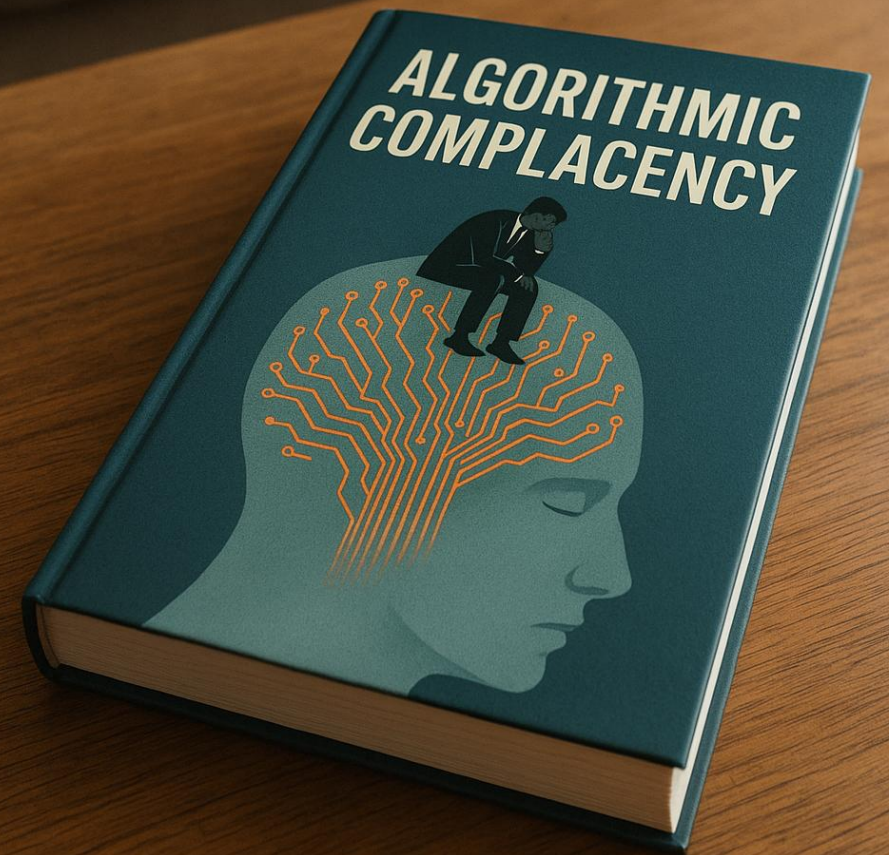
Algorithmic complacency

State where people **passively consume** content and **accept recommendations from algorithms** instead of **actively seeking out information** or applying their **own critical judgment**.

“

Algorithmic complacency
is the root of all kinds of evil.

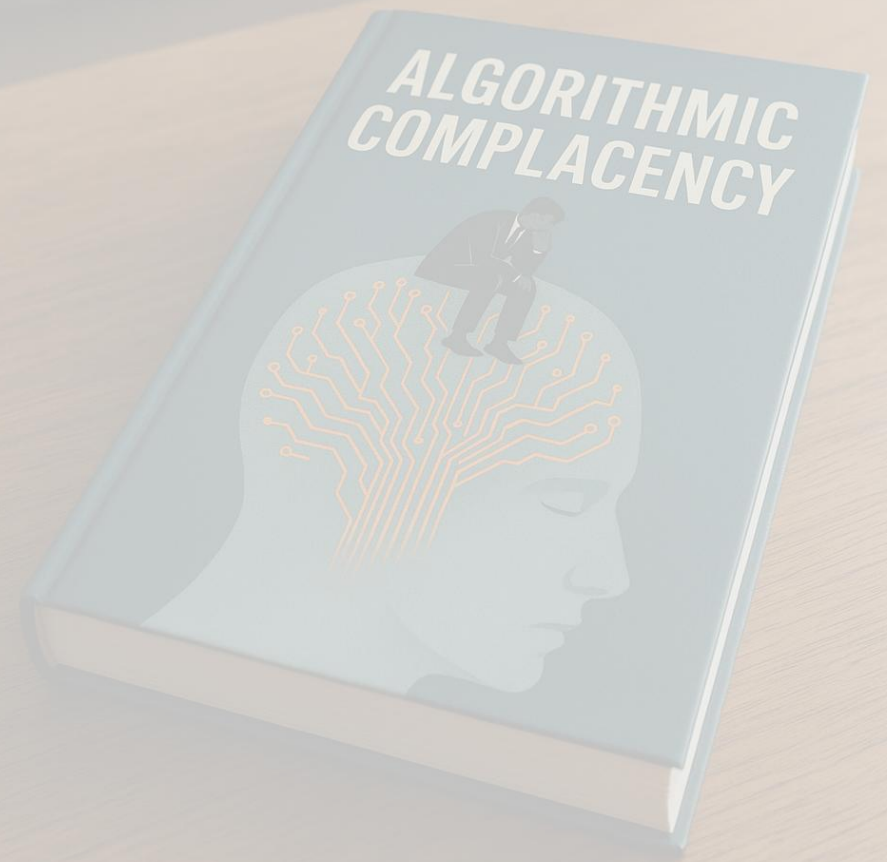
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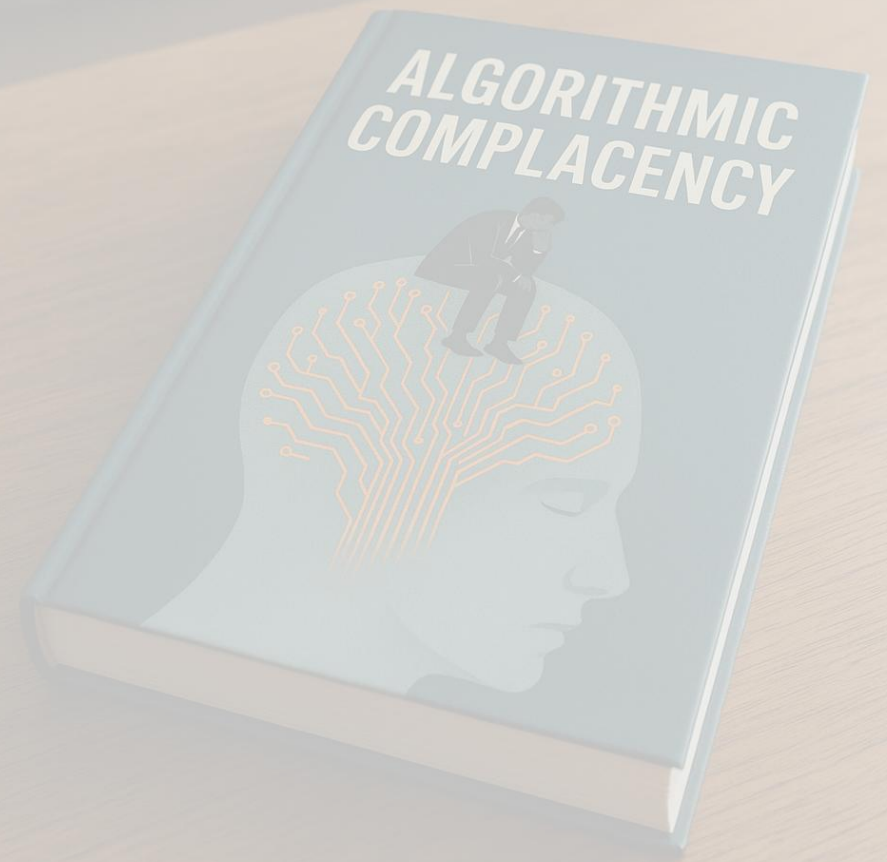
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“

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”



Social media algorithms
don't nurture human connections,
they **exploit** it.

Weakeners our thoughtfulness

Use our own agency

Algorithms and Mindfulness



Being mindful of our time

Self-imposed limits



Nurturing human connections

Limit the exposure to your data



Using our own agency

Actively block passive data collection



Self-exploration and wander

Educate your peers



Limit the exposure to your data

Be Mindful of App Permissions

Most mobile apps collect extra data in the background, like location, contacts, and usage patterns.

Check permissions regularly and revoke access that isn't necessary.

Use Websites Instead of Apps

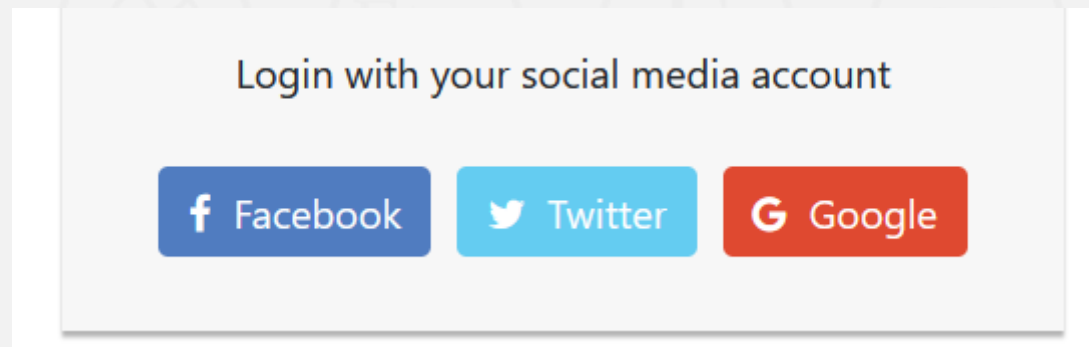
Apps often track more data than web browsers, especially for social media and video platforms.

Accessing services through their websites (via browser) reduces unnecessary tracking and gives you more control.

Limit Third-Party Logins

“Sign in with Google/Facebook” might be convenient, but it shares your data across multiple platforms.

Whenever possible, create separate logins to reduce your digital footprint.



Actively block passive data collection

Block Ads and Trackers with Extensions

Install browser extensions like uBlock Origin or Privacy Badger to block ads, tracking scripts, and invisible web beacons.

This not only protects your privacy but also speeds up browsing.



Strengthen Browser and Connection Security

Enable privacy features like blocking third-party cookies and fingerprinting protection.

Always use HTTPS connections to prevent hidden interception of your traffic.

Reduce Your Data Footprint

Actively opt out of tracking cookies whenever prompted.

Delete old accounts you no longer use — they often still store personal data and can leak information if breached.

Use Open-Source Alternatives

Whenever possible, switch to open-source software (like Firefox, Signal, or Linux-based tools).

These are more transparent, with fewer hidden trackers, and their code can be audited by the community.

"I want to think for myself, and I think you should too."

Further Resources

- <https://aye.sh/talk/mindhub-algorithms-and-mindfulness>
- <https://github.com/gorhill/uBlock>
- <https://www.torproject.org/>
- <https://www.firefox.com/>
- <https://www.mcleanhospital.org/essential/social-media>
- https://en.wikipedia.org/wiki/Voyager_1
- <https://www.opensourcealternative.to/>
- <https://github.com/pluja/awesome-privacy>

Questions?

No question is too smol



#MindHub **@Ayeshlive** ayesh@aye.sh

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arigatô paldies dziękuję Ďakujem tak
diolch dankie děkuji mahalo kop khun
cảm ơn bạn хвала شڪرا لك köszönöm
a dank gràcies ngiyabonga tänan Баярлалаа dhanyavād
Дякую ευχαριστώ **THANK YOU** Благодарам
спасибо tack благодаря
grazie Mh'gōi Dank u Благодаря ти gracias
mulțumesc takk ස්තූතියි ačiū நன்றி הודת.
danke teşekkür ederim choukrane faleminderit 谢谢
ՀնրհաԿալությունս obrigado kiitos
terima kasih hvala grazzi

THANK YOU

Cảm ơn

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