

# MITE S01E15

31 Dec 2022

**PREVIOUS SHOW:** In Your Neighbourhood with James Wray

## **THIS WEEK**

- ❖ Edit or unsend messages
- ❖ Twitter Blue Rollout (what it means, what it costs)
- ❖ Deep Dive into Social Media
- ❖ Apps - Whats App

## **PROMPTS**

If you have a listener question:

- ❖ Call 9398 3100
- ❖ Text 048 000 5321
- ❖ Facebook Magooit
- ❖ Website Magooit
- ❖ Show notes - magooit.com.au

## **MUSIC THEME** New Year's Eve

1. I Got You (I Feel Good) - James Brown & The Famous Flames
2. Bright Side Of The Road - Raul Malo, Pat Flynn, Rob Ickes
3. Build Me Up Buttercup - Eddie Money
4. Midnight Special - Creedence Clearwater Revival
5. Midnight Train to Georgia - Gladys Knight & The Pips
6. Midnight Special - Creedence Clearwater Revival
7. Come On Eileen - Dexys Midnight Runners
8. Auld Lang Syne - Workout Remix 128 Bpm - Workout Music Tv
9. Joy To The World - Three Dog Night
10. December, 1963 (Oh What a Night!) - Frankie Valli & The Four Seasons
11. Happy New Year - ABBA
12. Kingdom - Fiona Rea
13. (Let's Have A) Party - Elvis Presley
14. Happy New Year - ABBA
15. What Are You Doing New Year's Eve? - Ella Fitzgerald
16. Bright Side of the Road - Van Morrison
17. Old Habits Die Hard - Mick Jagger, Dave Stewart
18. This Will Be (An Everlasting Love) - Natalie Cole
19. Change the World - Eric Clapton
20. Man in the Mirror - 2012 Remaster - Michael Jackson

## **SHOW RECAP & WHATS ON NEXT TIME**

Next Tue - Magnificent Seven

- ❖ Hosts:

Next Sat - Episode 16 - 7 Jan 2023

- ❖ Change ringtones and notification sounds
- ❖ Online Consent & Etiquette
- ❖ Life360
- ❖ Music Theme - Harmonica

### **NEXT SHOWS:**

- ❖ ~~Rockaria with The Frankinator and Friends from 3-6pm~~
- ❖ ~~4th Dimension until 9pm ???~~
- ❖ NYE Show with US!

### **Intro Song:**

**Music Interlude : 01**

**Music Interlude : 02**

### **1. Tips and Tricks - RECAP and SOMETHING NEW**

**Last time** - Changing the screen size

**This time** - Edit or unsend messages

Sometimes you might send a message and wish you hadn't. All is not lost.

WhatsApp -> rubbish bin

Messenger - Long press -> 3 dots Remove/Unsend/Remove for you

SMS -> Long Press -> delete only for you

Email - not much you can do about that unless you are quick! Some systems e.g. Gmail allows users to unsend an email, for a few seconds after you hit send. An "undo" button that appears on the screen after you send an email. If you don't act within a few seconds though, the email will be sent out as normal, and you won't be able to take it back. iPhone has a similar undo option.

- Don't write emails when you're angry :)
- Remove the email recipient name so you don't accidentally send it.
- Save it to draft, then sleep on it.
- Don't put it in writing, make a voice call instead (although they may be recording it)

**Music Interlude: 03**

**Music Interlude: 04**

**Music Interlude: 05**

## Music News:

### 2. FROM THE NEWS AND SPECIAL INTEREST Twitter Blue Rollout (what it means, what it costs)

Twitter Blue is a new subscription service from Twitter that gives users access to exclusive perks and features. It's the first ever subscription service from the social media platform, and it's designed to give users more control over their Twitter experience... and you get the highly sought after Blue Checkmark next to ou profile icon.

So what does Twitter Blue offer? Well, for \$2.99 USD per month, users get access to a range of exclusive features. These include:

- Custom App Themes – users can personalise their Twitter app with a variety of colours, fonts and other customizations.
- Bookmarks – users can save their favourite tweets and easily find them later.
- Undo Tweet – this is a feature that allows users to undo a tweet they've already sent, giving them more control over their content.
- Reader Mode – this feature allows users to view threads in a more reader-friendly format.
- Access to Premium Features – users get access to an expanded selection of features, like longer video times, additional analytics and more.

Twitter Blue also offers some exclusive perks. These include:

- Dedicated Customer Support – users get a direct line to Twitter support staff.
- Early Access to New Features – users will get early access to new features before the general public.
- Special Offers – users will get exclusive deals from Twitter partners.

Overall, Twitter Blue offers a range of exclusive features and perks that make it worth the cost. It's a great way for users to get more out of their Twitter experience, and it's well worth the cost for those who want to get the most out of their Twitter experience. Go to [twitter.com](https://twitter.com) for a full list of features.

## Music News:

### Find My iPhone saves the day!

It was a Christmas Day miracle when a woman who had gone missing after leaving a family Christmas gathering was finally 200 feet below Highway 18 in a mountainous area north of San Bernardino - California.

Relatives used the Find My iPhone feature to locate the woman, whose name is not being released. It is believed that the crash occurred sometime overnight after she left the family gathering. Astonishingly, the crash went unreported for hours, with the woman inside the car and the wreck out of the view of drivers on the highway.

The woman was eventually located by San Bernardino County Fire Department personnel, who responded to the scene after the family contacted them. There, the rescuers found the car in the ravine and the woman trapped inside. It took them two hours to extricate her from the vehicle.

Once freed, the woman was taken to a nearby hospital for treatment of her injuries, where she is expected to make a full recovery.

The family is grateful for the quick-thinking of their tech-savvy relative who used the Find My iPhone feature to help locate the woman. The family also expressed their deep appreciation to the San Bernardino County Fire Department personnel who worked tirelessly to rescue the woman and wished her a speedy recovery.

This holiday season has been a reminder to us all that modern technology can be a powerful tool in times of crisis. Whether it's a missing person or a medical emergency, being able to use technology to quickly locate and help those in need can make a difference.

Let this woman's story be a reminder to us, to use our technology wisely and to always stay connected with our loved ones.

### **Music News:** LastPass data breach

Do you use a password manager app or program?

Back in August, LastPass announced they were hacked and data from their development environment was stolen. This did not expose any user data as dev systems should contain dummy user data. However, in December, they are now saying that backups of customer data vaults were also stolen. This means that some data in the vaults could be exposed and it is recommended that users change passwords as a precaution. The rub is that LastPass only encrypts passwords and not any data including usernames, personal details and URLs, so it may be possible for hackers to guess passwords based on the unencrypted data. Perhaps look at alternative password manager programs that take a more holistic approach to encryption.

### **Music News:**

## **3. IN OUR SOCIALS**

### **Music Interlude :** 06

## **4. DEEP DIVE**

New Year's Resolutions - Wellness



Presented by Magoo IT & The City of Bayswater

## Wellness Apps and Online Tools

### What is Wellness?

Wellness is an active process of making choices to create a healthy, happy, content and fulfilling life.

Emotional wellness maintains control of thoughts, feelings, and behaviors to be able to cope with life's challenges. It can keep problems in perspective and help to bounce back from setbacks.

Physical wellness while always important, is especially important as we age because regular exercise and proper nutrition can help prevent a variety of ailments.



## 1. Social Connectedness

### Quantity

How often you socialize is very important. Try to connect with someone more frequently. Even a brief interaction may make a difference in how you feel.



Facebook

### Quality

The quality of relationships you develop with people can make a difference. It's best to avoid toxic relationships or those that violate your personal boundaries.



Meet people, make friends, find support, grow a business, and explore interests

Even 20 or 30 minutes of daily exercise can have a positive impact on your overall sense of well-being and help improve your mood.



## 2. Exercise Regularly



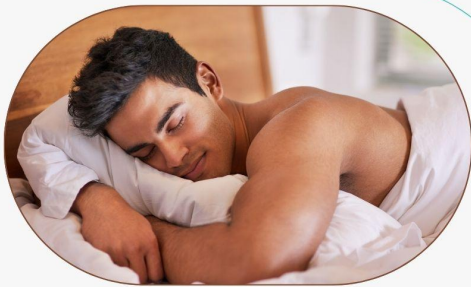
Google search 'best yoga apps', Youtube search the app you found:



Yoga with Down Dog  
54.4K subscribers



Yoga Studio  
1.85K subscribers



## 4. Get a Quality Sleep

If you're having trouble sleeping, you know it can affect your mood and physical health. Consider your sleep hygiene. Include quiet and calm activities before going to bed, and wake up at the same time every day – these are simple ways you can begin your journey towards becoming a successful sleeper.



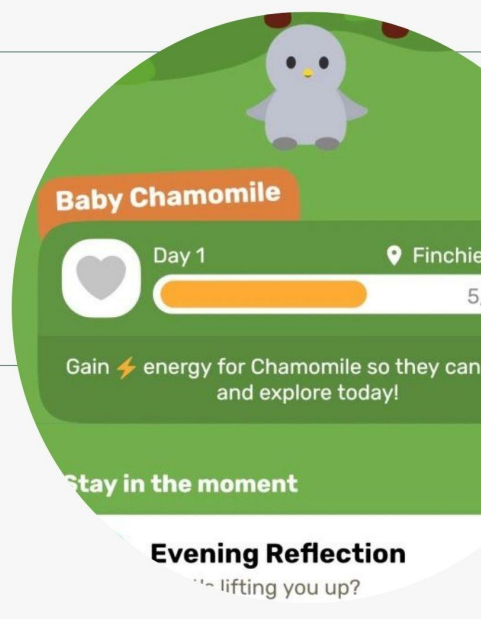
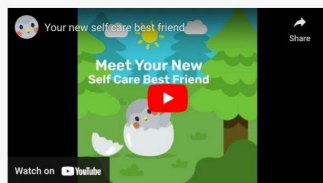
### Sleep Cycle

Let your phone analyze your sleep and wake you up with a gentle alarm in the lightest sleep phase – the natural way to wake up feeling rested. Free with Paid Upgrade available. iPhone & Android



## Make Simple and Healthy Choices



Start with small changes within each dimension and take it one day at a time – you don't have to run a marathon or go on a restrictive diet to implement wellness into your everyday life!





## 5. Practice Mindfulness and/or Meditation



Being mindful means being aware of your thoughts, feelings, and bodily sensations in your day-to-day. Practicing mindfulness is good for the body and mind, helps with focus and also changes your mindset.

2:07

1:17

**The 6 Best Hypnosis Apps of 2022**

Best Overall: [Hypnobox](#)

Best For Relaxation: [Relax and Sleep Well Hypnosis](#)

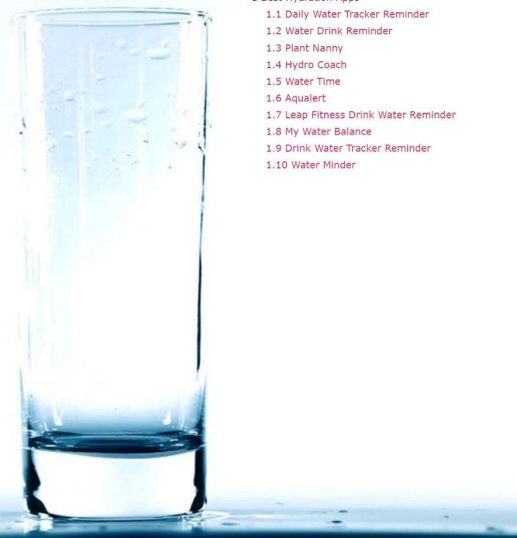
Best for Mood: [Harmony Hypnosis Meditation](#)

Best for Weight Loss: [Lose Weight Hypnosis](#)

Best for Stress Relief: [DigiTill](#)

Best for Anxiety: [Anxiety Free](#)

## 6. Drink Water



- 1 Best Hydration Apps**
- 1.1 [Daily Water Tracker Reminder](#)
  - 1.2 [Water Drink Reminder](#)
  - 1.3 [Plant Nanny](#)
  - 1.4 [Hydro Coach](#)
  - 1.5 [Water Time](#)
  - 1.6 [Aqualert](#)
  - 1.7 [Leap Fitness Drink Water Reminder](#)
  - 1.8 [My Water Balance](#)
  - 1.9 [Drink Water Tracker Reminder](#)
  - 1.10 [Water Minder](#)

## 7. Set Goals, Build & Break Habits

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**Skin care as self care & mindfulness**

### Self-care Practices Look Different for Everyone

For some, it can mean staying still while for some it can mean being active. The main idea is to engage in an activity that recharges or energizes you.

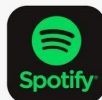
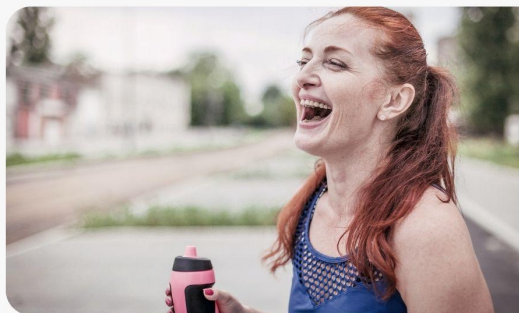


## 8. Pay It Forward



## 9. Boost Endorphins (Self Care)

- ✓ Laughter
- ✓ Company of Friends
- ✓ Watch a Movie
- ✓ Exercise
- ✓ Intimacy/Sex
- ✓ Good Music
- ✓ Create Art



You've got to be kidding me!





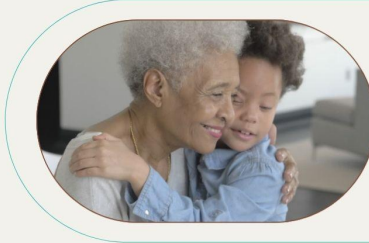
# 10. Relationships with loved ones



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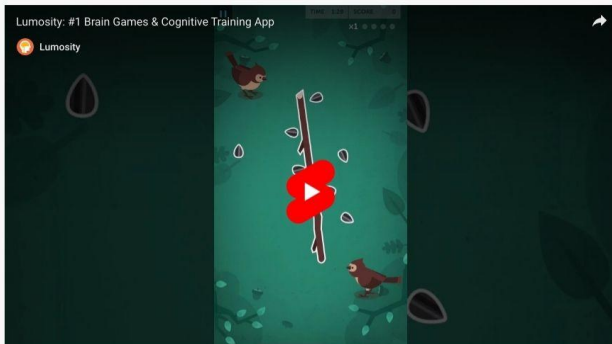


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# 11. Stimulate your mind

Create cognitive excess



Music Interlude: 07

Music Interlude: 08

Music Interlude: 09

Music Interlude: 10

Music Interlude: 11

Music Interlude: 12

Music Interlude: 13