Finding main ideas in a video

Joey Schweitzer (Better Ideas): “How overstimulation is ruining your life”   
<https://youtu.be/yYWvUoN4yt8>

**Main ideas (example in 8 parts)**

1. Because of overexposure to Internet stimuli, it can be extremely difficult at times for Joey, and likely all of us, to really focus and apply ourselves to difficult tasks.
2. Very little Internet commentary attempts to explore this modern phenomenon but doing so would help us to solve this problem.
3. The human brain hasn’t changed in thousands of years, when it would react strongly to stimuli in the natural environment that we would now consider rather mundane.
4. Dopamine, often misunderstood as the ‘feel-good’ chemical, is actually a *motivating* brain chemical that is released in the brain when you think you are about to be rewarded or experience pleasure.
5. The modern realities of society are such that our brains are constantly confronted with high-impact stimuli that didn’t exist in primitive times.
6. We tend to stay on social media sites for long periods of time because our brain is telling us, through the release of dopamine, to stay there because we might get rewarded.
7. The long-term solution to be able to focus on boring things is to reprogram our brain to remember that these more mundane things are actually pleasurable and really good for us and integral for our survival.
8. We should challenge ourselves to reduce the amount of supernormal stimuli we’re exposed to on a daily basis to be able to get more pleasure out of things which add greater value to our lives.

**Does it have to be 8 parts?**

No, because in a different plan, some ideas would be combined. What matters is having a plan that covers what is said in the video. It is therefore possible to instead have 4, or 5, or 6 main ideas. Here is an example in 4 parts, without the details or explanations:

1. (Difficulty concentrating because of over-stimulation.)
2. (How the brain works: Dopamine.)
3. (The addictiveness of super-normal stimuli.)
4. (We should try to get more normal, natural stimuli.)

When you make your own plans, include some of the details and explanations, like in the first example, not like this one.