



Navigating Social Media for Mental Well-being

MAY IS MENTAL HEALTH AWARENESS MONTH



Social media use has been shown to affect mental health when frequently consumed. Here are a few tips on how you can cut down your screen time.

Negative Impacts of Unhealthy Social Media Usage

While social media can have a positive impact on your life through connections with friends, self-expression, and an outlet for creativity, there are also downsides to consistent usage.

- **Self-comparison:** Seeing videos and photos of seemingly perfect lives or people can lead to self-comparison and feelings of inadequacy.
- **Disruptive sleep:** Getting caught in the cycle of social media can lead to later bedtimes and poor sleep quality.
- **Increased anxiety and depression:** Studies show that people who spend over 2 hours a day on social media are 2.7 times more likely to be diagnosed with depression.

Tips to Maintain a Healthier Relationship with Social Media

- **Avoid starting or ending your day scrolling:** Give yourself the first and last hour of your day for self-care, a regiment, or other screen-free activities. This will help you to feel more refreshed and energized throughout the day.
- **Set boundaries:** Try utilizing parental controls on your devices or designate certain days/times for social media.
- **Turn off notifications:** Use do not disturb mode to turn off notifications from all apps to reduce distractions.
- **Use grayscale mode:** Grayscale mode on devices takes away one of the key factors in encouraging stimulation, bright colors. By using this feature, it may help to minimize interest in social media and screens.

To speak to someone at Easterseals MORC, call 1.800.75.SEALS.

If you or a loved one is experiencing a mental health emergency, call or text 988 or chat at [988lifeline.org](https://www.988lifeline.org).



Scan the code to learn more about the Choose Kindness campaign.