**In the United States, cultural perceptions of mental illness often lead to social stigma. In your opinion, how does the media contribute to these perceptions? Name two recommendations that you would make to the media to combat the way they contribute to the perceptions you named.**

**Comment on 2 of your classmate’s reflections. If you agree or disagree with their stance justify your thoughts in your response.**

**Post:** Most likely the utilization of social media add to psychological instability prompts social indignity. Indeed, even in my environment, I saw that individuals while utilizing online networking become so busy that they could not care less about their nourishment, dinners, rest and so forth. Their brains are stuck just into that media which prompts numerous psychological issues like Restlessness, temperament swings or dietary problems. For genuine change to happen, the media must assume a job in changing such negative recognitions. Precise and positive messages and stories about psychological instability and individuals living with dysfunctional behaviors must turn out to be increasingly normal. Besides, it is imperative to feature accounts of successful recovery. Society needs to keep on endeavoring to diminish and wipe out the disgrace and separation that such a significant number of with psychological sickness experience in their everyday lives. In any case, I think there is need of mindfulness among the general population about how to utilize social media in a decent forthcoming. Individuals should just be worried about positive exercises on it and after that promptly they ought to advance that exercises. We should grasp that life is delightful. We ought to break down broad communications creation techniques to even more likely comprehend the present practices, needs, values, and financial substances of screenwriters, makers, and writers. For example, understanding the synchronization between being important or genuinely stimulating and unquestionable.

**Reply 1:** Social media’s power to impact public perception and therefore the degree to which individuals are exposed to media representations makes the social media one in every of the foremost important influences in developed societies. the ramifications of the regularly negative and off base depictions of psychological wellness issues are huge.

**Reply 2:** Media portrayals of these with psychological state typically skew toward either stigmatization or trivialization. Consequently, all sorts of media including TV, film, magazines, newspapers, and social media have been flat out criticized for spreading negative stereotypes and inaccurate descriptions of these with psychological state. Life is excessively significant than some other thing on the planet. We ought to do endeavors to diminish mental issue which are so perilous. We ought to do our best in diminishing mental issue and give mindfulness about the utilization of media.