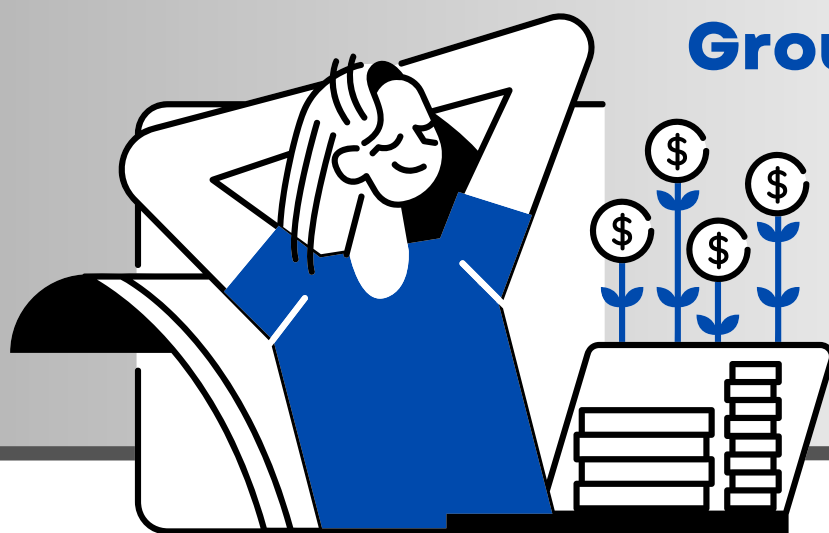


# SOCIAL MEDIA

## HEALTHY USE



**Group: S**

### Healthy use

1. Having sincere relationships with people can improve your wellbeing in general.
2. Getting involved with people online might increase your social support.
3. Researching health issues or learning about others' experiences

### Toxic use

1. Negative thoughts and sentiments might arise from idly reading through disturbing information for long periods of time.
2. Making yourself unhappy by comparing yourself to others
3. Cyber stalking through social media

### Pros

1. Can improve health-related education
2. Enables quick communication in emergency situations
3. Can rapidly disseminate information to a huge number of people

### Cons

1. It might exacerbate social isolation.
2. May result in addiction
3. Gives an unreal impression of "friendship"

### Suggestions of actions to control self-use of SM

1. Set clear goals and priorities
2. Use productivity apps
3. Create a schedule and stick to it
4. Implement the 2-minute rule
5. Utilise notification management

### References

[1] "Healthy Social Media Habits," National Institutes of Health, <https://newsinhealth.nih.gov/2022/09/healthy-social-media-habits> (accessed Jun. 2, 2023).

[2] MindHandHeart, "Nine tips for healthy social media use," MIT News | Massachusetts Institute of Technology, <https://news.mit.edu/2020/mindhandheart-nine-tips-healthy-social-media-use-0123> (accessed Jun. 2, 2023).

[3] Dr. K. Helm, About Dr. Katherine Helm&nbsp;&nbsp;  Katherine is a Chicagoland native, and View all posts by Dr. Katherine Helm →, "The Pros and Cons of Using Social Media," Lewis University Experts Blog, <https://www.lewisu.edu/experts/wordpress/index.php/the-pros-and-cons-of-using-social-media/> (accessed Jun. 2, 2023).

[4] Dutta, A., & Mandal, P. (2020). Effect of Social Media on Productivity and Mental Health of Individuals. Journal of Psychology & Psychotherapy, 10(1), 1-4. doi:10.4172/2161-0487.1000383

[5] networking websites. European Journal of Information Systems, 21(5), 512-528. doi:10.1057/ejis.2011.56