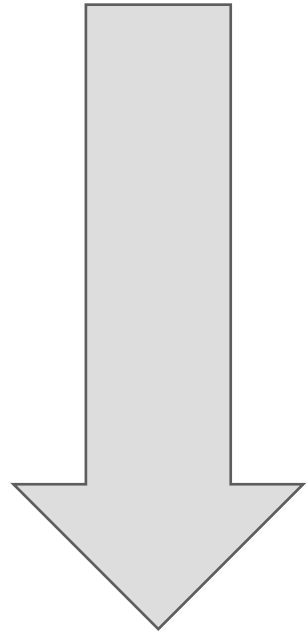


OUR FINDINGS CONFIRM

Kimberly Hunter
Nari Kang
Cameron Klepacz
Braden Toone

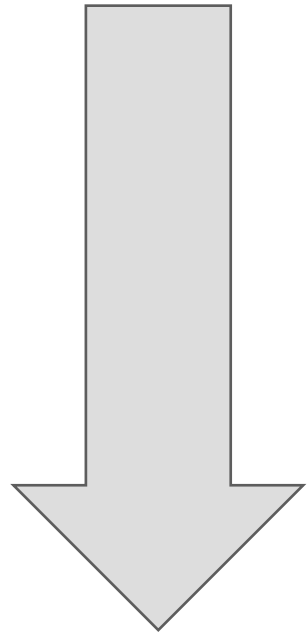


OUR FINDINGS CONFIRM

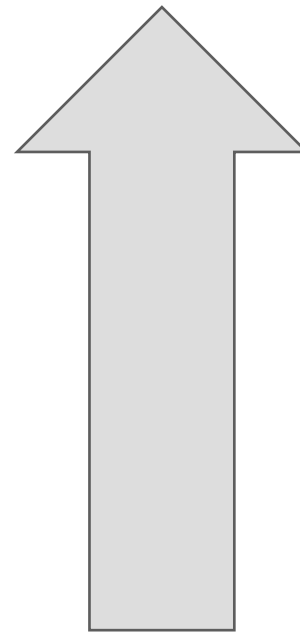


**Social
Media**

OUR FINDINGS CONFIRM



**Social
Media**



**Mental
Health**

RECOMMENDATIONS

Invite to **unplug**

Opportunities to **connect**

Education to **motivate**

Relationships — A NEED TO **connect**

Hours Daily on Social Media

Less than 1

5+

Single

4.21%

28.07% ↑

Married

16.83%

8.91%

Relationship

2.27%

28.41% ↑

Relationships — A NEED TO **connect**

Hours Daily on Social Media

Less than 1

5+

Single

4.21%

28.07%

Married

16.83%

8.91%

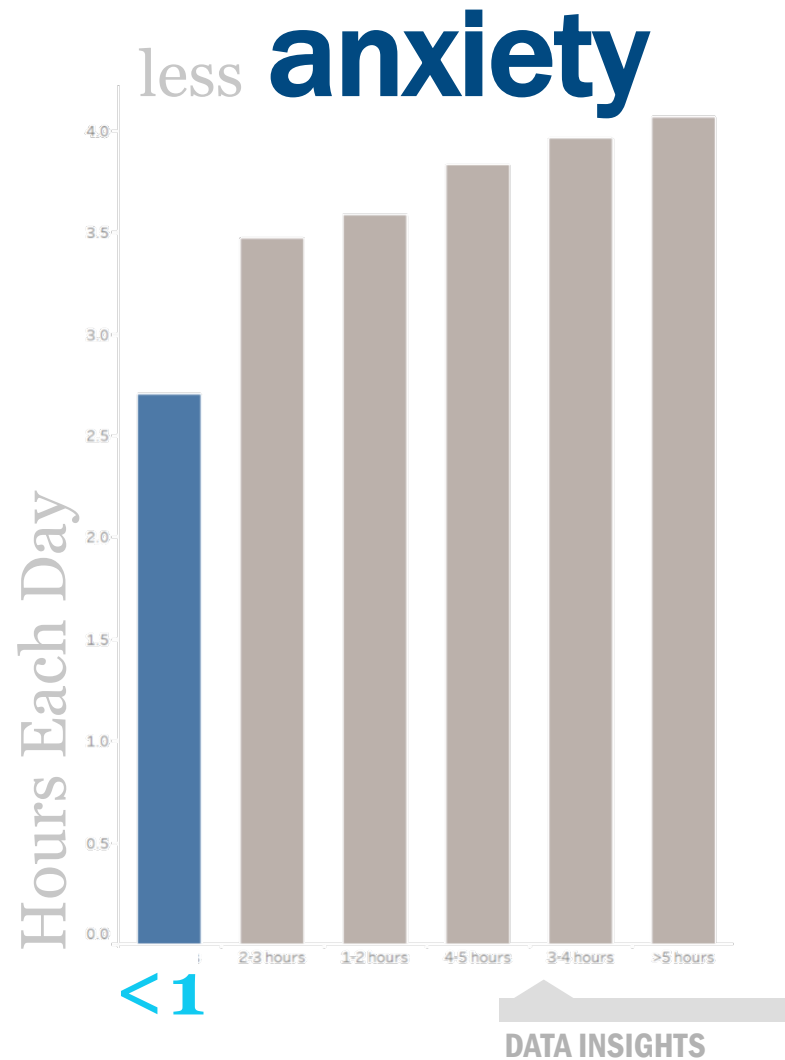


Relationship

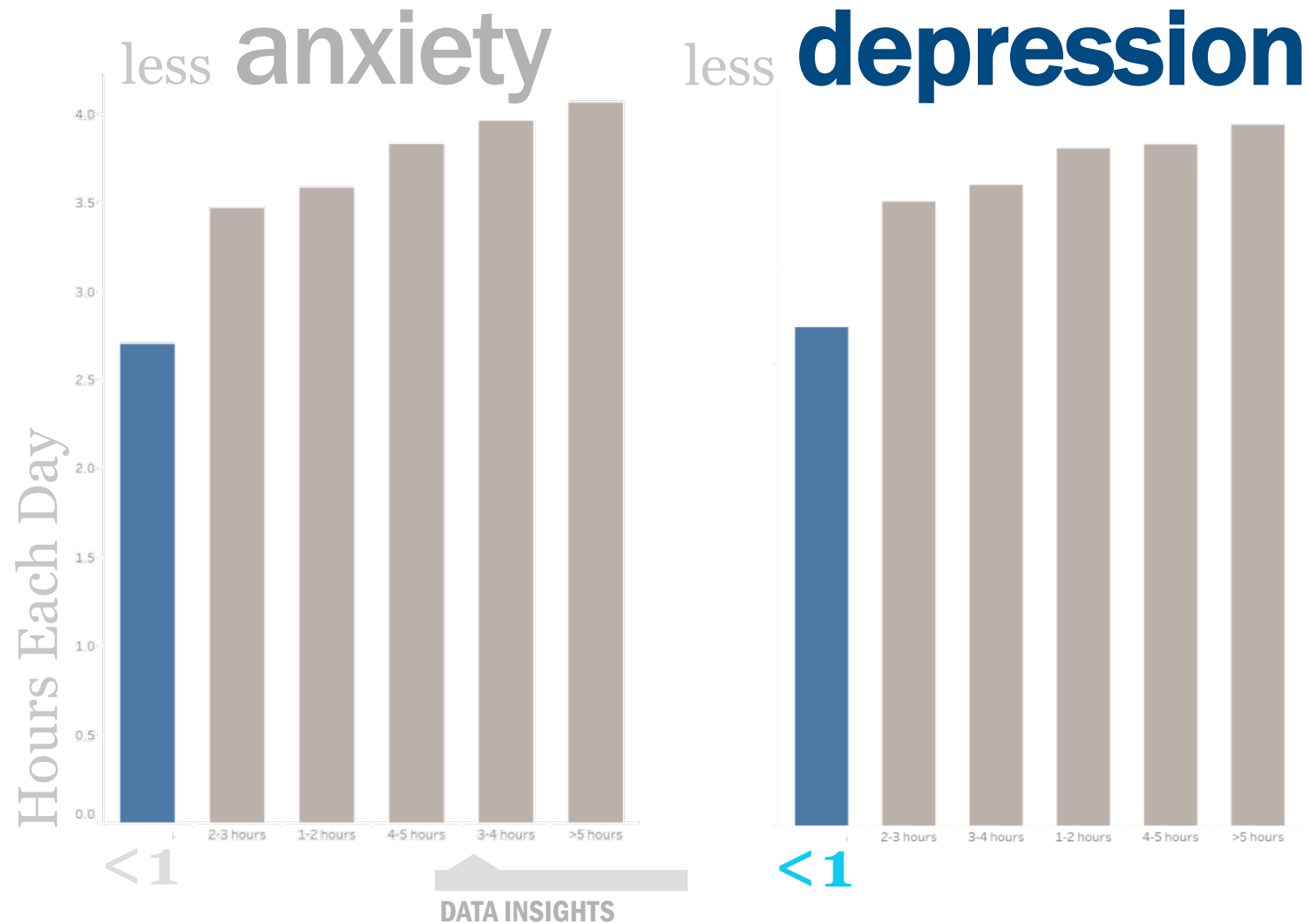
2.27%

28.41%

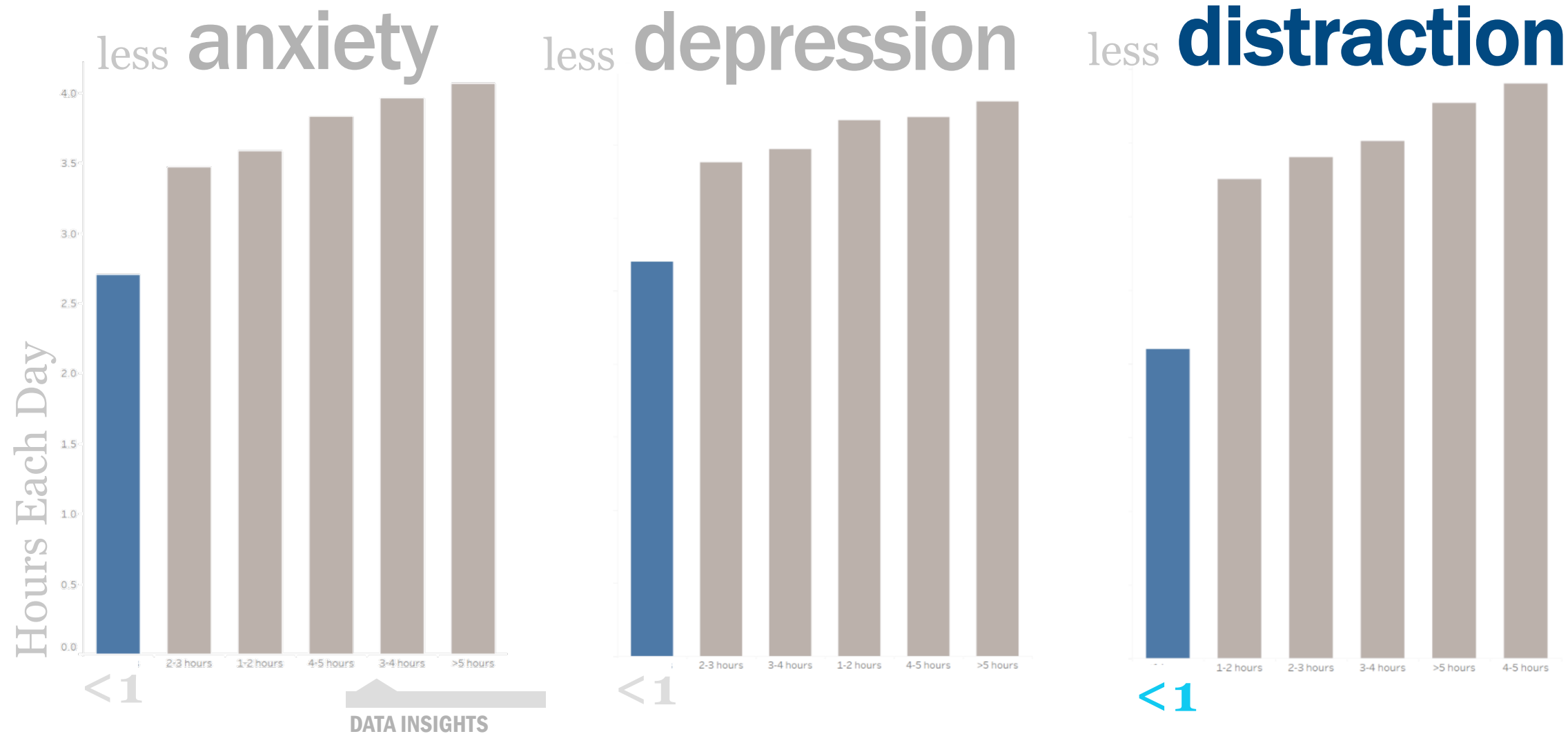
Fewer Hours ON SOCIAL MEDIA...



Fewer Hours ON SOCIAL MEDIA...



Fewer Hours ON SOCIAL MEDIA...



Invite TO **unplug**

UNPLUGGED

Based on a true story, with personal details altered for privacy

Alex Adarsh

Finding Real Connection

Alex Adarsh's life on social media was a facade of perfect friendships, creating a deep anxiety about missing real connections. One day, Alex noticed that he was focusing more on digital life than real life so he decided to reduce time on social media, replacing online interactions with church members. Gradually, conversations and genuine bonds replaced virtual likes, easing Alex's anxiety and revealing the joy of authentic human connections.



Ashley Jenkins

Battling Distraction

Ashley was a graduate student whose research was often interrupted by the lure of social media. To avoid online distractions, Ashley decided to go device-free during study hours. She used pen and paper to outline

RECOMMENDATIONS

Invite TO **unplug**

UNPLUGGED

Based on a true story, with personal details altered for privacy

Alex Adarsh **Finding Real Connection**

Alex Adarsh's life on social media was a facade of perfect friendships, creating a deep anxiety about missing real connections. One day, Alex noticed that he was focusing more on digital life than real life so he decided to reduce time on social media, replacing online interactions with church members. Gradually, conversations and genuine bonds replaced virtual likes, easing Alex's anxiety and revealing the joy of authentic human connections.



Ashley Jenkins **Battling Distraction**

Ashley was a graduate student whose research was often interrupted by the lure of social media. To avoid online distractions, Ashley decided to go device-free during study hours. She used pen and paper to outline

**Take
the
Challenge!**

RECOMMENDATIONS

Opportunities TO connect



SOCIAL OPPORTUNITIES IN OUR COMMUNITY

Replace getting on with going out.



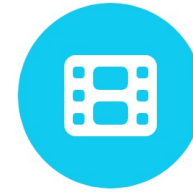
Events & Activities

Find local events and other activities for singles, date ideas, and family fun.



Volunteer & Serve

Experience the joy of service by participating in one of our communities volunteer opportunities.



Arts & Entertainment

Enjoy music, movies, theatre, dance and more at one of these locations.



Educate TO motivate

IS SOCIAL MEDIA A FRIEND OR FOE?

Social Media Usage and Mental Health



Anxiety

Do you often feel anxious or overwhelmed?



Depression

Are you frequently feel depressed?



Distraction

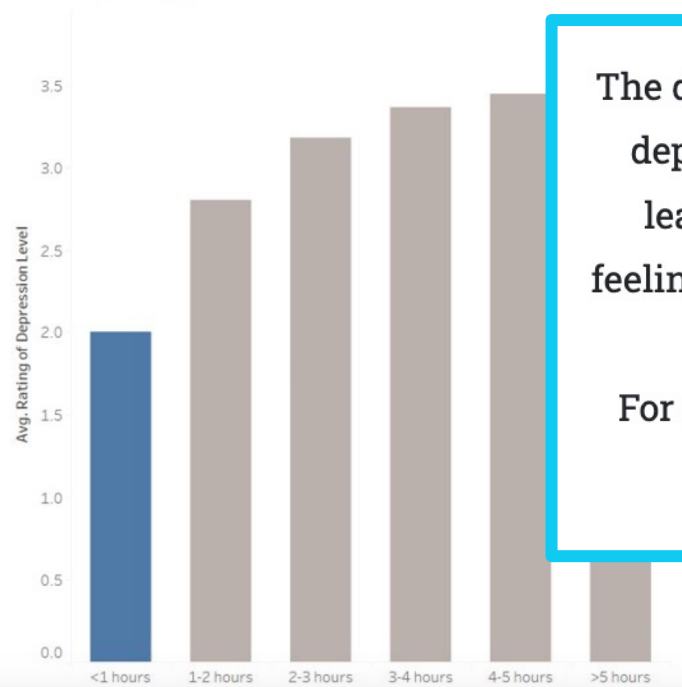
Struggle to Focus and Keep Grabbing Your Phone?

Educate TO motivate

ONLINE HOURS, OFFLINE MOODS

Connection Between Social Media and Mood Changes

Avg Level of Self-Rated Depression by Avg Hours Spent
on Social Media



The data suggests that increased social media use is linked to higher rates of depression and other mental illnesses. This prolonged engagement often leads to negative self-comparison and harmful behaviors, exacerbating feelings of isolation and disconnection, as more time spent online can reduce real-life social interactions and foster a sense of loneliness.

For a deeper understanding of this data and to explore more insights, click the 'Explore Data' button below the chart on the website.

RECOMMENDATIONS

Educate TO motivate

- TIPS -

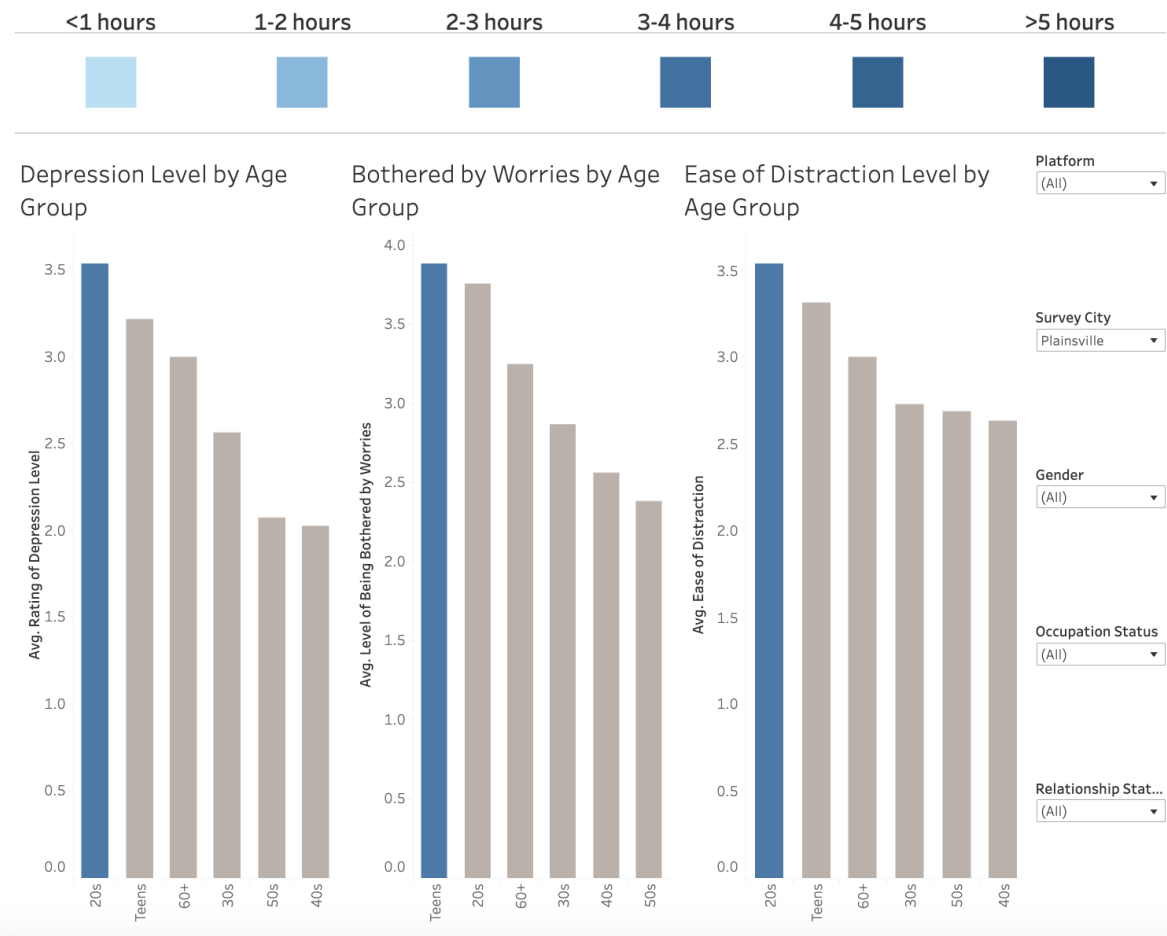
1. Mindful Scrolling: Be aware of how you feel when using social media. If you notice it's making you feel down, it might be time to take a break.
2. Positive Engagement: Use social media to connect with friends and share positive experiences, rather than passively scrolling through feeds.

EXPLORE THE DATA



Educate TO motivate

Explore The Survey Results




RECOMMENDATIONS

CONTINUED **research**
CAN LEAD TO DEEPER
understandings
INTO HOW **social**
media IMPACTS
mental health

CONTINUED **research**
CAN LEAD TO DEEPER
understandings
INTO HOW **social**
media IMPACTS
mental health



Research TO learn

Mindful Media

EXPLORE SURV

PLEASE TAKE THE SURVEY
Social Media Usage and Mental Health

1. What is your age?

2. What is your gender?

☐ Male

☐ Female

☐ Other

3. What is your current relationship status?

☐ Single

☐ Married

☐ Divorced



Functional TO **Use**

WE HAVE WHAT YOUR

employees need

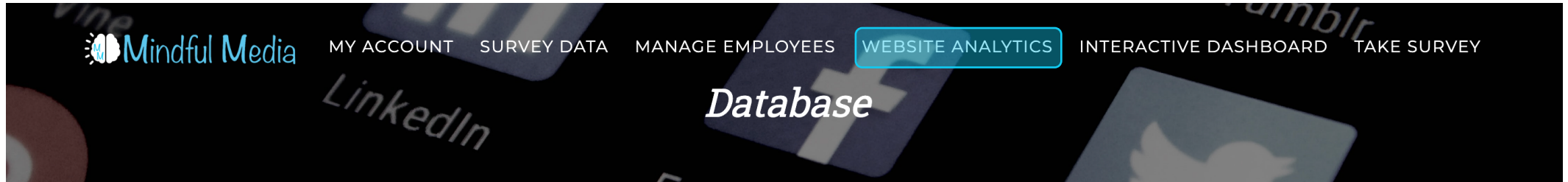
TO MAKE THIS ALL WORK!

Functional TO Use



surveyee_id	relationship_status	occupation_status	is_media_user	media_usage	purpose_frequency	distraction_frequency	restless_amount	distraction_amount	worried_amou
272	In a relationship	University Student	true	5<	3	2	1	2	3
14	Single	University Student	true	5<	2	5	5	4	4
193	Single	University Student	true	5<	4	4	3	4	5
355	Single	University Student	true	3-4	2	1	1	2	2
17	In a relationship	University Student	true	2-3	4	4	4	4	4
215	Single	University Student	true	<1	3	5	3	5	5
164	Single	University Student	true	2-3	4	2	3	3	5
438	Single	School Student	true	5<	4	4	3	4	2
177	Single	University Student	true	5<	4	4	3	5	4

Functional TO Use



Functional TO Use

