SOCIAL MEDIA AND MENTAL HEALTH

Mental health is an individual and personal matter mental health is way more important reason everyone to take care of. YouTube Facebook and can be taking examples as social media platforms. Many studies have found that there is a strong link between social media & mental health. also using social media effects in both good & bad ways.   
  
The only social network that stood out from the rest as positive effect on mental health is YouTube. People can use YouTube to calm their mind listening to relaxation sound and songs will calm our body. These days many people post life hacks through YouTube also there are so many bloggers who post positive video such as beautiful places that cannot be visit for minimum of people.   
According to the national institute of Mental Health anxiety is the most common illness in nowadays. 9 out of 10 people are suffering from anxiety disorder. same is goes with panic attacks according to the researchers that was done by professionals watching positive YouTube videos can treat to anxiety. YouTube can make people feel that they are not alone and can encourage them to take action on them mental health.   
Social media can inspire people to change their lifestyle to healthy.   
  
At the same time there are some bad effects on usage of social media. using social media more often increases depression and exposure to content that is not age appropriate. some people promote negative experiences and thoughts through social media as an example we communicate lots of new people through social media we never saw them for real but eventually they become our friends. But those friends may not actually our friends.  They are strangers. They can share the negative experiences and it can lead us to depression. These days lot of people spend their time more with social media. people share their each and every information including personal information through social media many people are willing to use that information against the one who post, as a life threats. so this can brings depression and anxiety to the person who is facing to the problem.   
Sleep is the best treatment for mental health, but because of social media use, people do not get much sleep and they use phone and hours on social media. No matter how sleepy people are they use the phone without falling asleep and it will be lead their mind to depression.   
  
so there are both advantages and disadvantages in using of social media when it comes to mental health. we should choose the right path to use it.