1. **Spreading awareness**

There are a lot of mental health issues that are not known to everybody especially among adolescents who take reckless actions to get the most amount of adrenaline that they could.

This usually negatively impacts them unconsciously which results in:

**1. Feeling like a sigma that can never be understood**

**2.Delaying in taking action towards treatment**

**3.The inability to provide their loved ones with support**

**4. Developing bad coping mechanisms which make them either aggressive or defensive all the time**

**5. being drawn to toxic environments whether workspaces or people**

So, issues like FOMO (Fear Of Missing Out) are most likely gone unnoticed and any individual who doesn’t know anything about FOMO might seem as if they are just obsessing over game events but in reality they fear that they would be missing out on big opportunities but in reality nobody would be affected

1. **Mindful consumption**

Mindful consumption is the very first step to stepping back into reality and it really benefits the teens to learn about:

**1. setting boundaries (which is a healtht step at the young age)**

**2. Auditing Your Following List**

Regularly review and curate your list of friends or accounts you follow. Unfollow or mute accounts that consistently make you feel negative emotions or trigger comparison. Your social media feed should inspire and uplift you, not cause stress or envy.

**3. Being selective about notification**

Turning off non-essential notification can really make a difference in the person’s overall mood because we cut the constant ping of notifications that creates a cycle of distraction and anxiety

**4 Practice Digital Detox**

Consider implementing a “digital detox” day or weekend where you disconnect from all social platforms. This break can help you regain perspective and reset your relationship with social media.

**5.Engage Mindfully**

When you do use social media, engage mindfully. Pay attention to how you feel while scrolling and ask yourself if the content you’re consuming is adding value to your life

1. Creating safe spaces

Since Mindful consumption was the first stepping back into reality, then creating a safe space is the first step to heal from anything that made the social media the most valuable source escapism like depression, anxiety, low self-esteem and criticism

A safe space is a supportive, non-threatening environment where all participants can feel comfortable to express themselves and share experiences without fear of discrimination

And the best part about it is that u can make safe spaces with anybody so, u can start making one with a family member or a friend (if they weren’t the ones who initially hurt u)

1. **Replacing cheap dopamine sources with meaningful ones**

Dopamine is a neurotransmitter that plays a vital role in our brain's reward and pleasure centers. It gives us that feel-good sensation when we achieve a goal, indulge in a favorite treat, or receive praise. However, in today's digital age, we're constantly bombarded with easy-to-access sources of "cheap" dopamine: endless scrolling on social media, binge-watching shows, or even the ping of a notification.

So the question is why should I leave the easy to access dopamine to do anything productive and get a lesser amount?

**1. Reduced Satisfaction**  
at first we can feel more than addicted to social media and there is nothing better than that first dopamine rush that is associated with joy and creativity but…

What happens after months and months of endless scrolling?

We usually get bored but we nothing better to do than watching short or reels and at the same time we feel numb, this numbness is the main reason behind getting into auto-pilot mode and we surely don’t remember the content of the past 3~5 videos

**2. Decreased Motivation for Long-term Goals**

A successful life most of the time needs to be well planed and calculated from every aspect.

productivity needs 2 things to thrive (discipline and motivation), so people whose screen time is almost past 12h may depend on motivation and motivation only to be productive and the majority didn’t learn **to be discipline**

1. **Avoid Perfectionism and high expectations**

On the other hand, shared pics and videos can arouse insecurities of some people leading them to compare themselves to the shared pic or video to be happy and satisfied

Perfectionists set unrealistic expectations for themselves and others. They are quick to find fault and overly critical of mistakes. They tend to procrastinate a project out of their fear of failure. They shrug off compliments and forget to celebrate their success.

All of that results in the distraction of the true main personality and replacing it with an exaggerated, unrealistic and colorful version of the true self which doesn’t give enough space for growth

This leads to the exhaustion of the individual and eventually to their burnout from over stress and acting

* **Acceptance**: Accept that some things are out of your control. Focus on what you can influence and let go of the rest.

1. **Treating the problem to its real importance and size**

Anxiety, fear and traumatizing past experiences can make anyone paralyzed or can get them to throw the problem out of proportion

What if questions and over generalizing a problem will probably lead your mind to a state of feeling paranoid and that everything is going to take the worst-case scenario route

**1. Take a Step Back**

* **Pause and Breathe**: When you start feeling overwhelmed, take a moment to pause and breathe deeply. This can help calm your mind and give you a clearer perspective on the situation.
* **Distance Yourself Temporarily**: Physically or mentally step away from the situation for a short while. A break can help you reassess the problem with a fresh mind.

**2. Break It Down**

* **Simplify the Problem**: Break the problem down into smaller, more manageable parts. This can make it seem less daunting and help you focus on one step at a time.
* **Prioritize Issues**: Identify which parts of the problem are most urgent or important and tackle those first. Often, this can help you realize that not everything needs to be addressed at once.

**3. Focus on Solutions, Not Just the Problem**

* **Shift to Problem-Solving Mode**: Instead of dwelling on how big the problem feels, focus on what you can do to solve it. Taking action, even in small ways, can reduce the sense of overwhelm.
* **List Possible Solutions**: Write down potential solutions. Seeing your options on paper can make the problem feel more manageable.

**4. Practice Mindfulness**

* **Stay Present**: Often, problems seem bigger because we’re worried about future consequences. Mindfulness helps you stay focused on the present, reducing unnecessary anxiety about what might happen.

1. **Choose your role model**

Social media presents a lot of content creators which influence a lot if not most of our decisions, but there are some of them who are deceitful, so having one of these role models will lead u to chase after their same goals. Like trying to have the same body form of a bodybuilder who is always on steroids. Consequently, this will ruin your main goal which was to get bigger muscles

Meanwhile, choosing someone who’s against steroids will talk longer to get to your goal but will give the results you really craved for

1. **Promoting body-positivity**

Having a good body-image in a world that obliges us to meet the beauty standard (the body must be thin or strong) regardless of how the body looks like shows how good your mental health is. (of course that doesn’t mean we should neglect going on a diet or going to the GYM for better health and looks but we also shouldn’t love and only love ourselves when we are slim and strong)