# How Social Media Affects How We Feel

Social media has changed how we talk and share, but it can also affect how we feel.

Platforms like Instagram and Facebook often show perfect versions of life, which can make us feel bad about ourselves. Using social media too much can make us feel stressed and worried, especially if we feel like we're missing out on things or if people are mean to us online.

And that is changing the world we are living in. Do you know that in from 1999 to 2006 cancer was the top leading cause of death in US. But according to 2020 numbers, suicide overtook cancer and became the top leading cause of death in US.

We know how bad cancer is right? Apparently living was worse, for people of 2020. However, can humanity still turn this around? Social media can also help us connect with others and find support. Online groups let us share our experiences and get help with our feelings.

To make social media less stressful, we can set limits on how much time we spend online, choose positive things to see, and spend time with real friends. Social media companies can also do more to keep us safe and happy online.

By being aware of how social media affects us and being careful about how we use it, we can stay happier and healthier in the online world.

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What was the leading cause of death in 2000?

Social media companies can do more, to do what?