Decluttering Your Social Media for Mental Health- National Unfriend Day (November 2)

November 2 is [National Unfriend Day](https://nationaltoday.com/national-unfriend-day/#:~:text=National%20Unfriend%20Day%20%E2%80%93%20November%2017%2C%202022), a day created by Jimmy Kimmel to dedicate to simplifying your online space. We often fill our social media feeds with people who leave a bad taste in our mouths. Maybe it’s because we dream of having a life like theirs. Perhaps it is because we cannot seem to turn our curiosity down. One way or the other, National Unfriend Day presents the perfect opportunity to cultivate an inspiring online space that brings you joy, peace, or motivation.

# **The Impacts of Social Media on Mental Health**

Social media can leave you feeling connected, inspired, and motivated. However, there is a dark side to the online world, as well. While many people enjoy the positive aspects of social media, some find themselves experiencing detrimental effects to their mental health.

## **The Positive Impact of Social Media**

Social media can be a fantastic tool for many people, as it allows you to:

* Stay connected with loved ones near and far
* Learn things you may never have had access to learn
* Meet new friends and join communities of likeminded people
* Raise awareness about subjects you are passionate about
* Express and share your creativity and passions

## **The Negative Impacts of Social Media**

As you can see, there are a multitude of benefits social media has to offer. However, everything comes with its downsides. A few negative impacts of social media can include:

* Increased risk of [depression, anxiety, loneliness, and addiction](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7660000/)
* feeling inadequate or not good enough as you constantly compare your life to someone else’s
* Cyberbullying
* [Social isolation](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5722463/)

# **3 Ways to Declutter Your Social Media for Mental Health**

There are tons of ways you can declutter your online life to improve your mental health and overall wellbeing. A few of these ways include:

## **Going Through Your Friends and Followers List**

As you look through the seemingly never-ending list of people you follow, ask yourself, “How does this account make me feel?” Do you feel inspired, happy, or motivated after viewing the profile? Great! Keep following them. However, if the profile brings nothing but negative feelings, hit that unfollow button!

## **Set Daily Limits on Your Social Media Use**

When you scroll for hours, you may find that your mental health is beginning to suffer. Fortunately, phones these days allow you to set a time limit on apps that will enable you to be more intentional with your social media time.

## **Don’t Be Afraid to Delete Those Old Highschool Classmates**

While many of us may feel guilty about deleting old high school classmates, there is nothing wrong with deleting people who may bring up not-so-pleasant memories from your high school days. Don’t be afraid to unfriend anyone who leaves you swimming in bad memories.

# **We Are Here for You**

Social media can significantly impact a person’s mental health and overall wellbeing. When you constantly consume the best pieces of other people’s lives, it can be easy to fall into the comparison trap or feel your lifestyle is inadequate. If you feel this way, know that you are not alone. Our compassionate and experienced [mental health professionals](http://michiganpsychologicalcare.com/contact.php) are here to help you understand why you feel this way and find techniques to help you feel happier, healthier, and more satisfied with your own life.

Keywords: social wellness, loneliness, depression, mental health help, counselor near me

References:

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