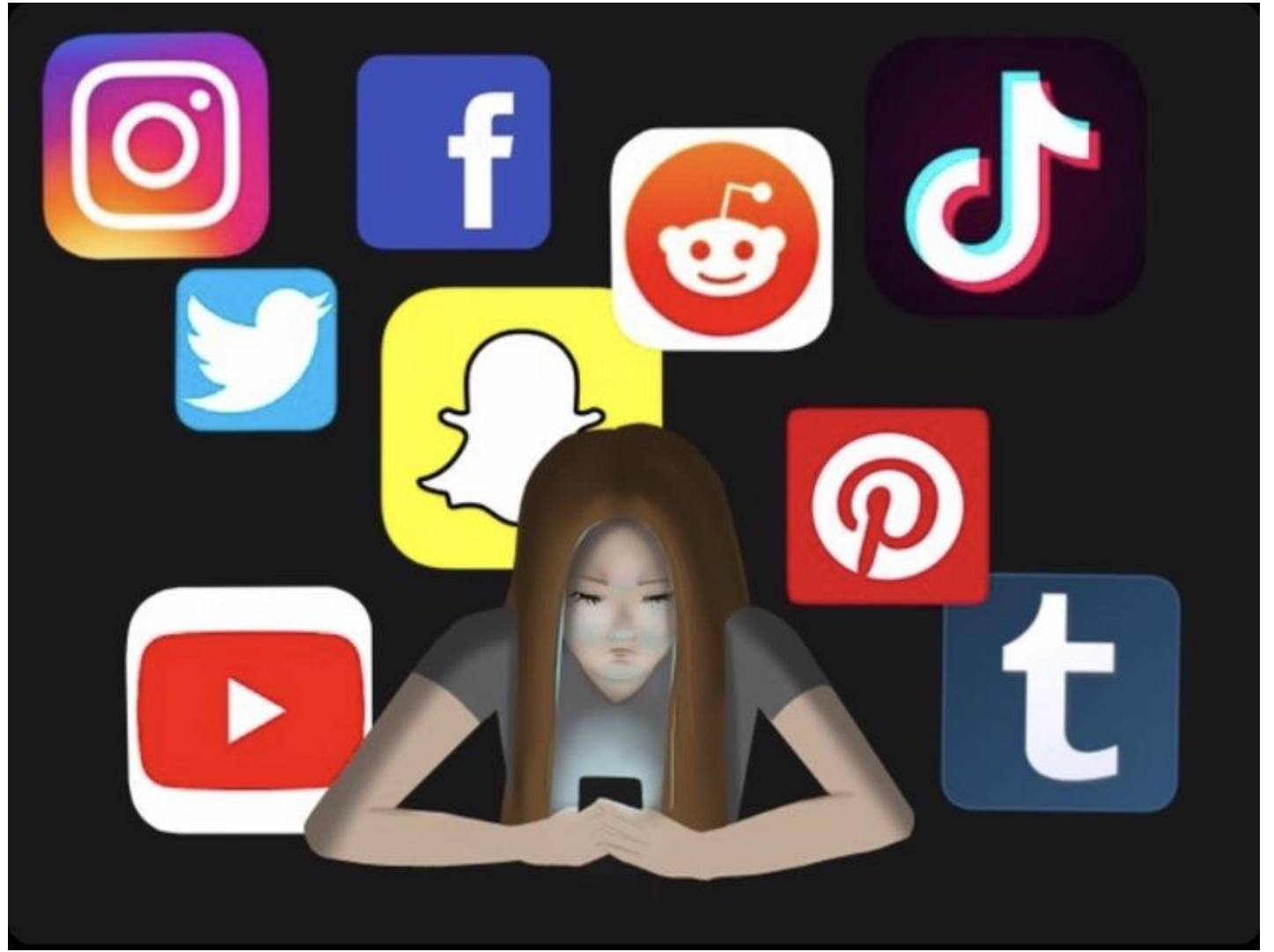


SOCIAL MEDIA AND MENTAL HEALTH





Social Media a 'Silent Killer' of your Mental Health

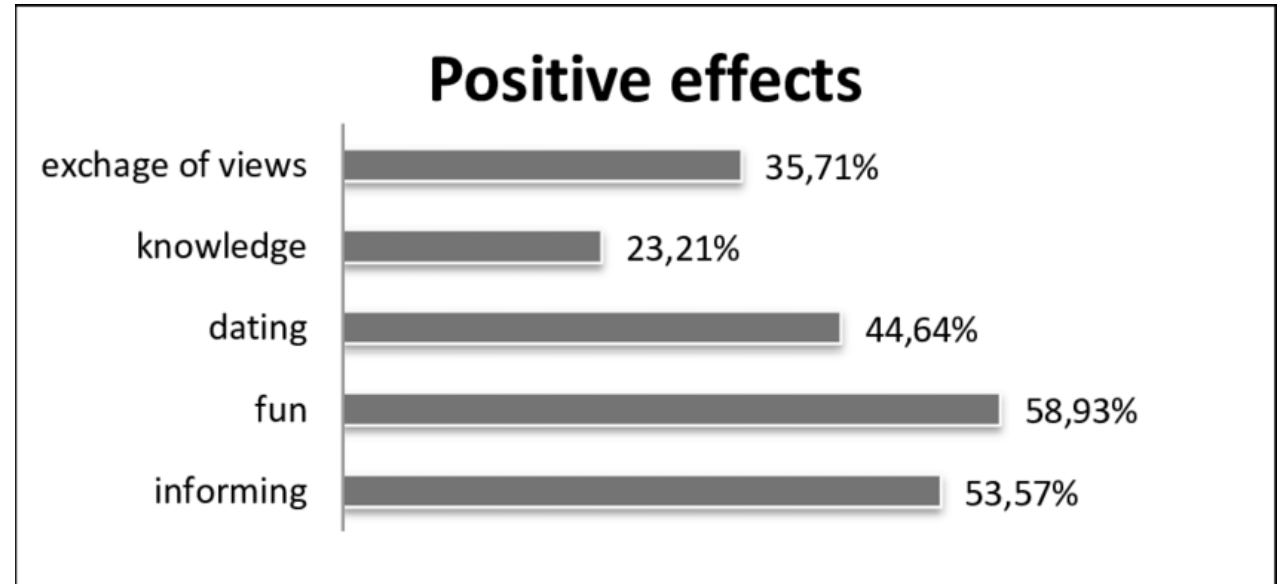




- While many of us enjoy staying connected on social media, excessive use can fuel feelings of anxiety, depression, isolation, and FOMO.
- There are both positive and negative impacts of social media but negative impacts are much more than positive impacts.

POSITIVE IMPACTS OF SOCIAL MEDIA

- Communicate and stay up to date with family and friends around the world.
- Find new friends and communities; network with other people who share similar interests or ambitions.
- Join or promote worthwhile causes; raise awareness on important issues.
- Seek or offer emotional support during tough times.
- Find vital social connection if you live in a remote area, for example, or have limited independence, social anxiety, or are part of a marginalized group.
- Find an outlet for your creativity and self-expression.
- Discover (with care) sources of valuable information and learning.



NEGATIVE IMPACTS OF SOCIAL MEDIA

- **Inadequacy about your life or appearance.** Even if you know that images you're viewing on social media are manipulated, they can still make you feel insecure about how you look or what's going on in your own life.
- **Fear of missing out (FOMO).** While FOMO has been around far longer than social media, sites such as Facebook and Instagram seem to exacerbate feelings that others are having more fun or living better lives than you are.
- **Isolation.** A study at the University of Pennsylvania found that high usage of Facebook, Snapchat, and Instagram *increases* rather than decreases feelings of loneliness.



- **Depression and anxiety**
- **Cyberbullying.** About 10 percent of teens report being bullied on social media and many other users are subjected to offensive comments.



SIGNS SOCIAL MEDIA IS IMPACTING YOUR LIFE

- Spending more time on social media than with real world friends.
- Comparing yourself unfavorably with others on social media.
- Experiencing cyberbullying.
- Being distracted at school or work.
- Engaging in risky behavior in order to gain likes.
- Suffering from sleep problems.
- Worsening symptoms of anxiety or depression

Signs Social Media Is Affecting Your Mental Health



It distracts you from work



You use it to escape "bad" emotions



You're being trolled or cyberbullied

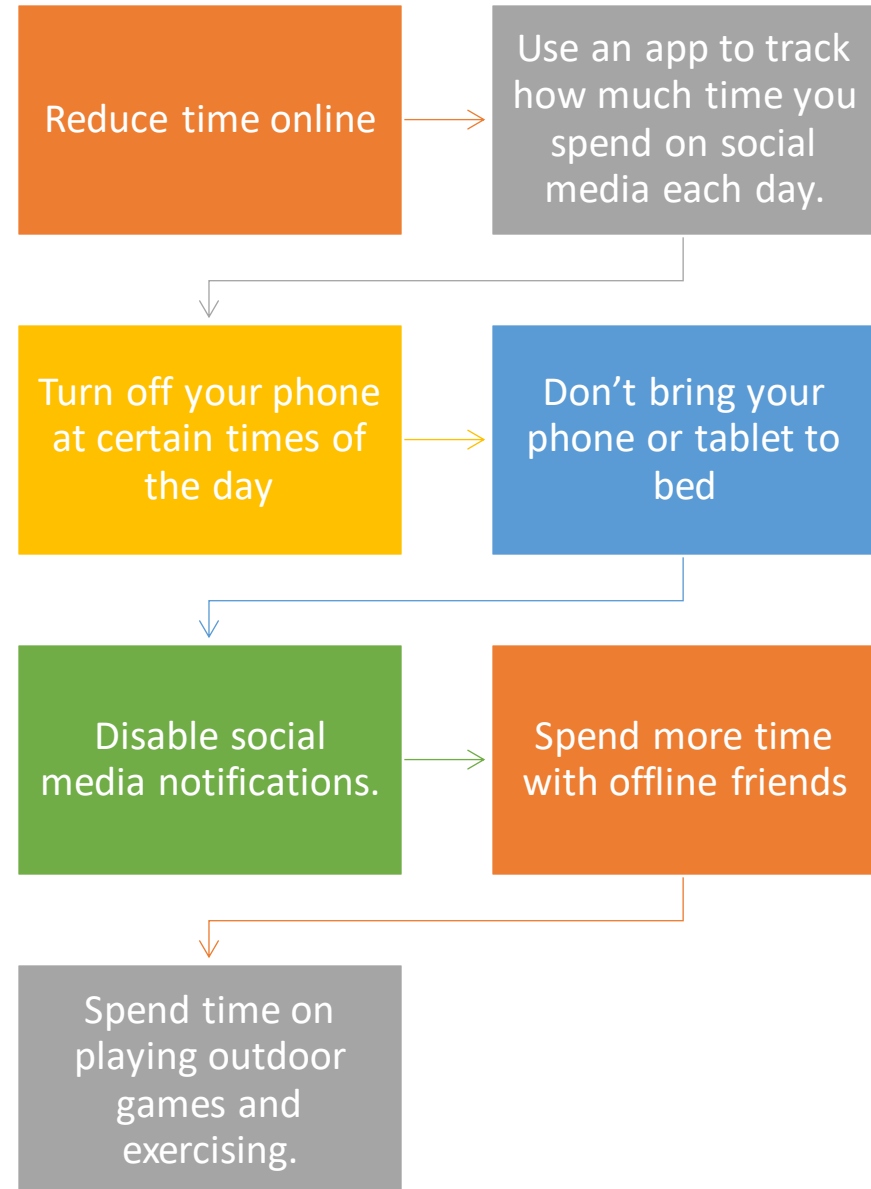


You spend more time online than with family and friends



Feelings of anxiety, depression, and loneliness are spiking

Modifying social media use to improve mental health step



References

- www.google.co.in
- <https://www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm>



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