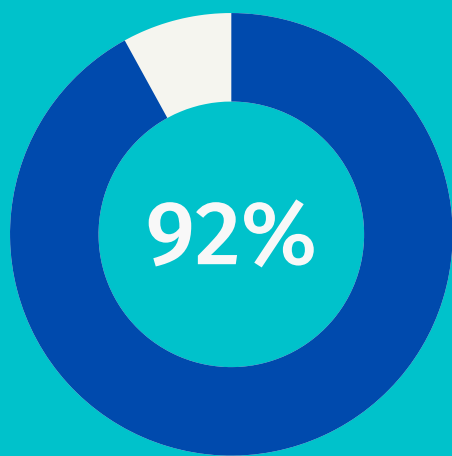


# Depression and Social Media



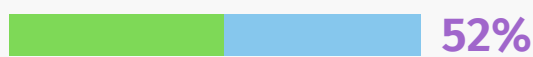
In the year 2007 smartphones were introduced to the public. By 2015 92% of young adults owned a smartphone.



"The less you are connected with human beings in a deep, empathic way, the less you're really getting the benefits of a social interaction"

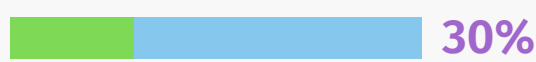
— Dr. Alexandra Hamlet

## How is social media affecting today's youth?



How prevalent is depression among teenagers?

- Every 100 minutes a teen takes their own life.
- Suicide is the third-leading cause of death for young people ages 15 to 24.
- 264 million individuals worldwide suffer from depression
- Adolescents between 13 and 18 years of age are also vulnerable, with a 52% increase in the prevalence of depression among adolescents from 2005 to 2017



Visits to college counseling centers increased by 30% from 2010 to 2015

Shortly after smartphones began to take off, symptoms of depression began to rise in young adults. As smartphones and social media have taken over, young people are spending less and less time in healthy social interactions.



69% of millennials experience FOMO

FOMO is the fear of not being connected to our social world, and that need to feel connected sometimes trumps whatever's going on in the actual situation we're in. The more we use social media, the less we think about being present in the moment. One way for teens to cope with FOMO is to practice what is known as reframing, which is a mental exercise designed to help them look at situations differently. It can be extremely helpful in changing negative thought patterns.



"..one of the most common contributors to depression in teenagers is sleep deprivation, which can be caused, or exacerbated, by social media."

It's very common for individuals to end their nights and start their morning with tech; between Netflix, Instagram, Facebook, some form of tech is catering to someone during delicate sleep schedules. Therefore disrupting amounts of sleep required for good functionality

- Reduce time online by turning off your phone at certain times of the day, avoid bringing your phone to bed, and disable social media notifications.
- Spend more time with offline friends, by setting aside time each week, reaching out to an old friend, joining a club, or interacting with strangers
- Express gratitude by taking time for reflection, practicing mindfulness, volunteering, and meditation.

