

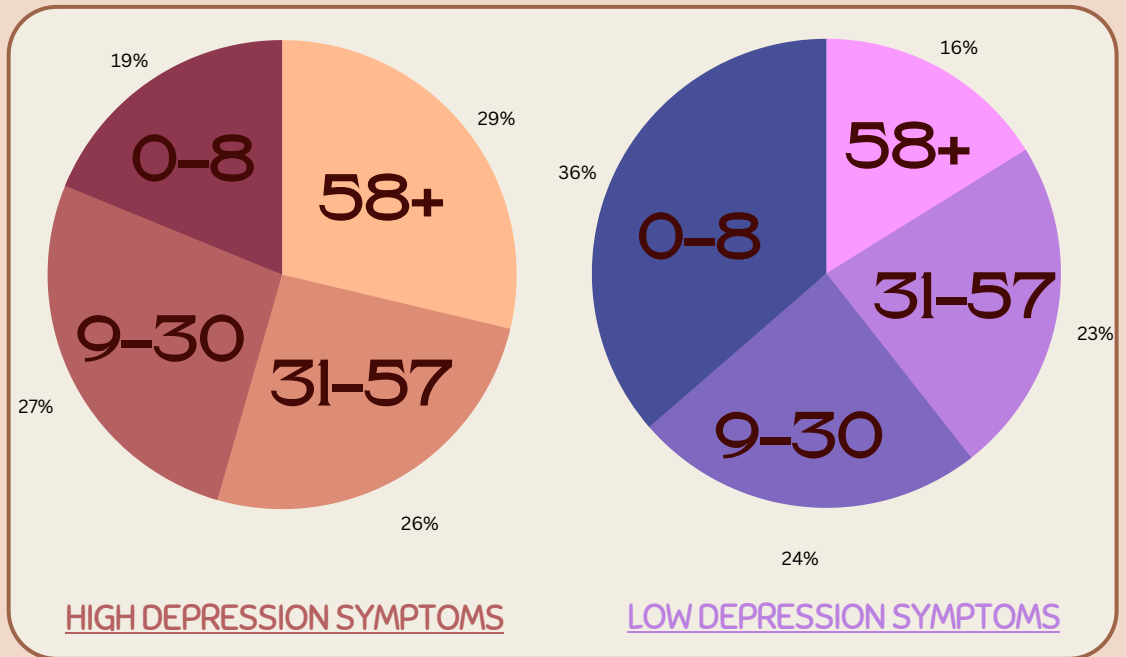
CONSCIOUS MEDIA USAGE

HOW MUCH IS TOO MUCH?

- People using between 7 to 11 social media platforms are more likely to experience depression and anxiety than people using between 0 and 2 platforms. (1)
- US teens engaged in social media for 3+ hours a day have a 60% higher risk of developing mental health issues. (3)
- Those who spent more than 6+ a day increased their risk by 78%. (3)



% OF DEPRESSION PER # OF MEDIA SESSIONS (2)



Proactive Social Media Tips

SET LIMITS FOR YOURSELF

Setting aside a block of time or limit your usage per app or media! (1)

PRACTICE MINDFULNESS

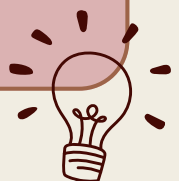
Activities of focusing on your breath/meditating to help with depression: "present-moment awareness practices" (5)

AVOID 'DOOMSCROLLING'

Notice when you are scrolling and not being entertained. Many continue to scroll when they become bored. (4)

BE KIND TO YOURSELF

Don't judge yourself or obsess over the content you see online. Just come back. (4)



- [HTTPS://WWW.HEALTHLINE.COM/HEALTH/SOCIAL-MEDIA-AND-MENTAL-HEALTH](https://www.healthline.com/health/social-media-and-mental-health) (1)
- [HTTPS://WWW.CLEARVUEHEALTH.COM/B/SOCIAL-MEDIA-DEPRESSION/](https://www.clearvuehealth.com/b/social-media-depression/) (2)
- [HTTPS://WWW.OUTLOOKINDIA.COM/HEALTHS/HOW-MUCH-TIME-IS-TOO-MUCH-TIME-ON-SOCIAL-MEDIA--NEWS-217676](https://www.outlookindia.com/healths/how-much-time-is-too-much-time-on-social-media--news-217676) (3)
- [HTTPS://WWW.UNICEF.ORG/ROMANIA/STORIES/FIVE-TIPS-MAINTAIN-YOUR-MENTAL-HEALTH-WHILE-USING-SOCIAL-MEDIA](https://www.unicef.org/romania/stories/five-tips-maintain-your-mental-health-while-using-social-media) (4)
- [HTTPS://WWW.MINDFUL.ORG/HOW-MINDFULNESS-MAY-CHANGE-THE-BRAIN-IN-DEPRESSED-PATIENTS/](https://www.mindful.org/how-mindfulness-may-change-the-brain-in-depressed-patients/) (5)

