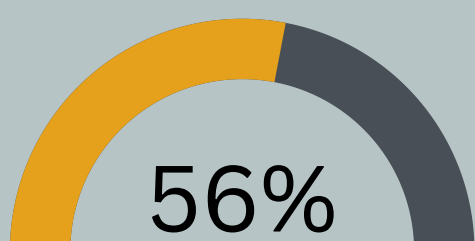




Social Media and Mental Health

"Social media have been defined as computer-mediated technology that allows one to create and share information and other forms of expression through virtual communities." However, social media "has been associated with increased risk for both depression and anxiety among young adults." Here are some facts about social media and anxiety as well as some solutions.



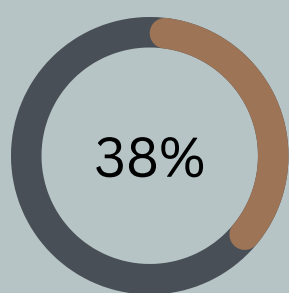
"Eight-graders who spend over 10 hours on social media per week are **56% more likely to report being unhappy** than those who spend less time on social media."



"According to the Pew Research Center, **69% of adults and 81% of teens** in the U.S. use social media"



We Know it's an Issue



More than **one in three adults (38%)** see social media use as harmful. Only **5%** think that it's only positive

"Since the release of smartphones... symptoms of depression in a given year **increased by 52%** from 2005 to 2017. From 2009 to 2017, it **grew by 63%** in adults ages 18 to 25."

Systemic Solutions from Authorities

At the end of the day "social media companies and policymakers should still work to alleviate the potentially harmful effects on mental well-being."

-Alexey Makarin



Here Are Some Solutions!

- **keep track of the good parts of your life** via a journal or self reflection time
- **work to temper your fear of missing out**, by reminding yourself that opportunities come and go all the time, you do not need everything.
- **volunteer!** people are hard wired to feel better when helping others, and volunteer work is always helpful for both others and yourself.



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