

You should work in teams of 2 or 3 people. The data—research, quotes, sources, images, stats, insights, lists etc—that you gather will also be used in your follow up assignment next week, so be very rich and robust for your info. It's fine if you don't use it all. Put all the data in a sharable place, like a Slack DM conversation with your teammate(s), a Google doc, etc.

Your task is to create a complex and info rich infographic sharing your best insights about depression and social media to a peer audience. This can include statistics, quotes, findings, insights, new science, etc.

For the audience, consider your smartest, open-minded college friends, and what might appeal to them. We may print some of these for distribution around campus, so consider what might have helped you or a friend when you were feeling down and needed some support and info.

You can take a variety of different tactics, for example:

1. Depression and Social Media: problems (issues, stats, science), then solutions (unmet human needs, behaviors and habits, better apps)
2. A New Approach to Depression : unmet human needs, social factors, natural cures, followed by Social Media Dos & Donts
3. Depression: causes, solutions, rethinking, redesigning social media, maybe a list of mental health apps that actually help?
4. How to use social Media to increase happiness: be aware of human needs that should be met; focus on dos/donts that meet these needs better; balancing real contact with virtual
5. Your own ideas/organization...

Remember that you can take some creative liberty with this assignment to make it your own as long as you are creating a visual message about this topic for your peers.

Depression and Social Media: problems (issues, stats, science), then solutions (unmet human needs, behaviors and habits, better apps)

Sources-

<https://childmind.org/article/is-social-media-use-causing-depression/>

<https://www.nbcnews.com/health/health-news/social-media-use-linked-depression-adults-rcna6445>

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

<https://www.medicalnewstoday.com/articles/social-media-and-mental-health#statistics>

Quotes-

“A 2018 University of Pennsylvania study found that reducing social media use to 30 minutes a day resulted in a significant reduction in levels of anxiety, depression, loneliness, sleep problems, and FOMO.”-<https://www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm>

Solutions-

“A 2018 University of Pennsylvania study found that reducing social media use to 30 minutes a day resulted in a significant reduction in levels of anxiety, depression, loneliness, sleep problems, and

FOMO.”-<https://www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm>

1. **Use an app to track how much time you spend on social media each day.**
Then set a goal for how much you want to reduce it by.
2. **Turn off your phone at certain times of the day,** such as when you're driving, in a meeting, at the gym, having dinner, spending time with offline friends, or playing with your kids. Don't take your phone with you to the bathroom.
3. **Don't bring your phone or tablet to bed.** Turn devices off and leave them in another room overnight to charge.
4. **Disable social media notifications.** It's hard to resist the constant buzzing, beeping, and dinging of your phone alerting you to new messages. Turning off notifications can help you regain control of your time and focus.
5. **Limit checks.** If you compulsively check your phone every few minutes, wean yourself off by limiting your checks to once every 15 minutes. Then once every 30 minutes, then once an hour. There are apps that can automatically limit when you're able to access your phone.
6. **Try removing social media apps from your phone** so you can only check Facebook, Twitter and the like from your tablet or computer. If this sounds like too drastic a step, try removing one social media app at a time to see how much you really miss it.