Social Media and Mental Health

Living in an era, where everything constantly changes; either due to the rapid technological advancement or for instances such as the COVID-19 pandemic; it is of great importance to take care not only our well-being but also our mental-health.

Exposing ourselves to the social and communication media on a daily basis can affect our mental health status at a great level since the information and news we receive or access through our devices are much more from what we can truly absorb and reflect on.

News and information can sometimes cause us to feel stress, anxiety or worry.

Here are some tips on how to modify social media use to improve mental health:

Reduce time online

Change your focus- what is your motivation to access social media?

Spend more time with offline friends

Express gratitude

Find more details how to achieve each step here: https://www.helpguide.org/articles/mental-health/social-media-and-mental-health.htm