## Instagram vs. Reality:

How Social Media May be Affecting your Mental Health



## Social Media & Mental Health

Social media can have a lot of wonderful benefits: however, the overuse of social media has been connected to Depression, Anxiety, and Loneliness. The National Center for Health Research reports that people who frequent social media feel more depressed and less happy with life. (lancastergeneralhealth.org, 2022).

- Social media is **addictive.** Experts agree that social media perpetuates addictive tendencies, such as escapism and neglect of personal life. Many individuals can experience withdrawal when stopping social media use (forbes.com, 2021).
- Social media can lead to unhealthy comparisons and jealousy. (forbes.com, 2021). Ever seen someone's picture-perfect page and felt inadequate in comparison? You're not alone. Cycles of comparison is common among social media users and causes feelings of social isolation.

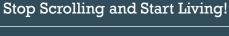
Healthy ways to use social media:

-Follow people/pages that bring you joy!

-Support a healthy online community!

-Take a break!

-Link instead of compare!





Average Social Media Use in the U.S:



"The average American will spend 5 years of their life on social media" -Forbes.com

## Consider a Digital Detox:

(Tips for stepping away from your phone!)

- Put the phone away for 24 hours
- Don't use the phone while 2. sleeping/eating
- Disable notifications 3.
- Establish regular tech-free hours

Forbes.com/ 6 ways Social Media Affects our Mental Health Lancaster General Health/ The Effects of Social Media on Mental Health



