

# How to Create and ▶ Utilize Healthy Social Media Habits

# Overview



Prevalence of social media



Benefits, risks, and harms



How to create healthier social media habits



# Social Media Usage, Benefits, Risks, and Harms

# Social Media Usage

- ▶ Humans are social creatures
- ▶ % of US teens/adults who use at least 1 social media site
  - ▶ 13-17: 97%
  - ▶ 18-29: 90%
  - ▶ 30-49: 82%
  - ▶ 50-64: 69%
  - ▶ 65+: 40%



# Benefits of Social Media Use



- ▶ Online identity
- ▶ Communicate with others
- ▶ Build networks
- ▶ Entertainment
- ▶ Self-expression

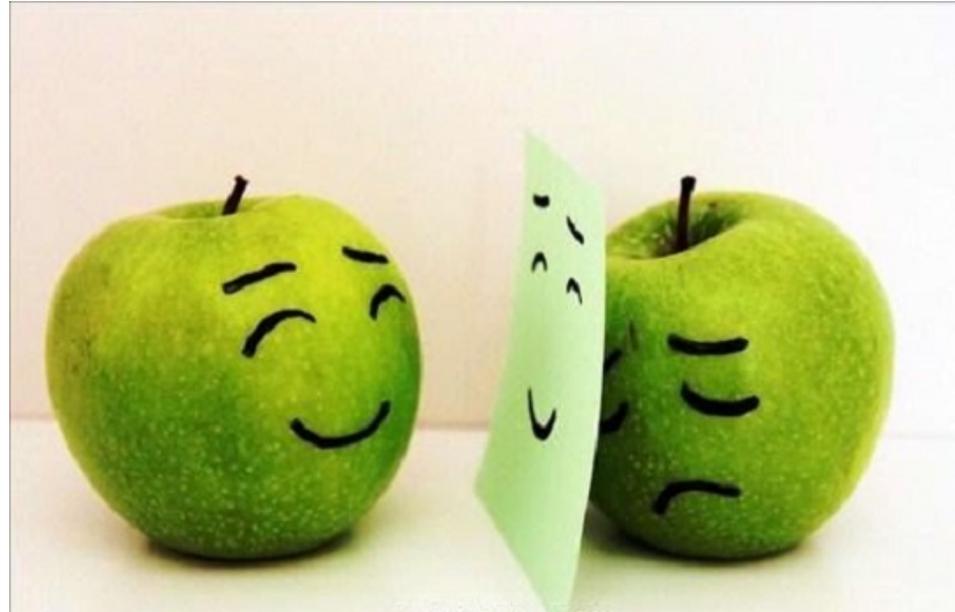
# The Risks for the Reward

- ▶ Social media is reinforcing
- ▶ Positive feedback = dopamine release
- ▶ FOMO



# Other Harms of Social Media Use

- ▶ May be especially harmful in teens
- ▶ Manipulated appearance
- ▶ Isolation
- ▶ Depression & anxiety
- ▶ Self-absorption



# The Vicious Cycle

1. Feeling lonely, depressed, anxious, stress, leads to more social media use
2. Using social media more often can increase FOMO, dissatisfaction, isolation
3. These feelings negatively affect mood and worsen symptoms of depression, anxiety, stress
4. Worsening symptoms cause you to use social media more



A photograph of a brown teddy bear sitting on a white windowsill, looking out a window. The scene is dimly lit, with light coming from the window, creating a contemplative or lonely atmosphere. The bear is the central focus of the image on the left side of the slide.

# Signs Social Media is Impacting Your Health

- ▶ More time on social media than in the real world
- ▶ Comparing yourself to others
- ▶ Experiencing cyberbullying
- ▶ Distracted at school or work
- ▶ No time for self-reflection
- ▶ Sleep problems

# Creating Healthier Social Media Habits



# Reduce Time Spent on Social Media

- ▶ Use an app to track your time
- ▶ Turn off your phone
- ▶ Don't bring devices to bed
- ▶ Disable notifications
- ▶ Limit checks
- ▶ Remove apps from your phone



# Spend More Time Offline

- ▶ Set aside time each week
- ▶ Reach out to an old friend
- ▶ Join a club
- ▶ Ignore social awkwardness
- ▶ Reach out to acquaintances
- ▶ Interact with strangers



online  
offline

# Express Gratitude



Reflect



Practice mindfulness



Volunteer

# Keep it in Perspective

- ▶ Support a healthy online community
- ▶ Live in the moment
- ▶ Follow people/things that bring you joy
- ▶ Keep things IRL
- ▶ Start your day intentionally

# Helping Your Child or Teen

- ▶ Monitor and limit use
- ▶ Talk about underlying issues
- ▶ Enforce breaks
- ▶ Encourage exercise and offline interests



# Summary

- ▶ Social media is prevalent in our lives now more than ever
- ▶ While there are some benefits, too much social media can be toxic to our mental health
- ▶ There are ways you can create healthier social media habits:
  - ▶ Reduce time spent on social media
  - ▶ Spend more time offline
  - ▶ Express gratitude
  - ▶ Keep it in perspective
  - ▶ Help your child or teen

Questions?

# Sources

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