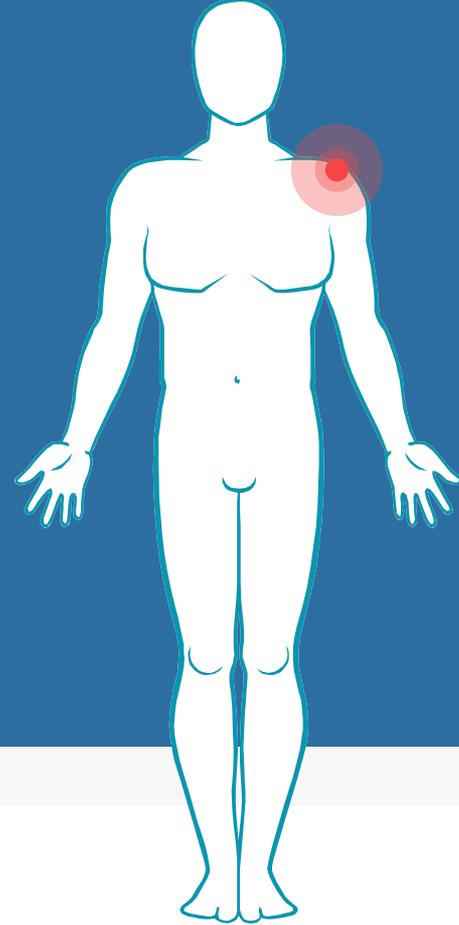


On-Call

Digital Resources

Social Media and Mental Health



Negative Effects of Social Media

- Social Media Addiction
- Trigger for Poor Mental Health
- Tendency to Compare our Lives to Others'
- Comparisons create Jealousy
- Social Media Addiction – Its Addictive!
- Virtual Friends don't address Loneliness

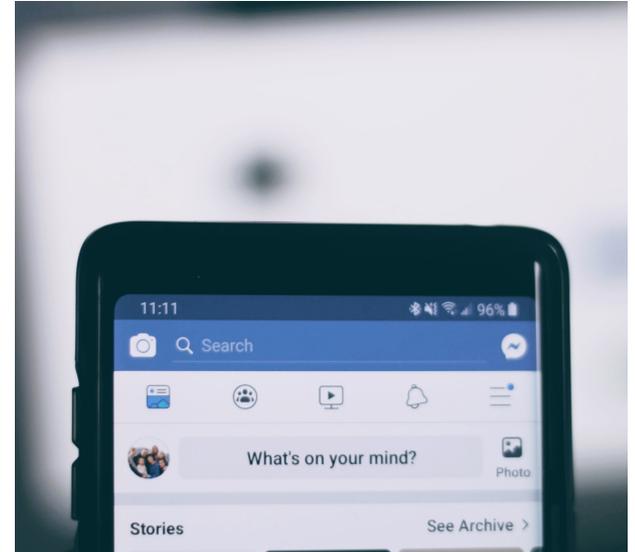
Social Media Addiction

- Do you ever find yourself mindlessly scrolling through your news feed, without even realising that you have picked up your phone and opened the app in the first place?
- If you have done this, it may be a sign you're using social media too much.
- Facebook Addiction Disorder



Trigger for Poor Mental Health

- Social media is linked to greater feelings of social isolation.
- Research into the use of 11 social media sites found that the more people used them, the more their overall sense of wellbeing decreased and their ‘perceived social isolation’ increased.



We Compare our Lives to Others'

- We tend to compare our social media lives to those of others in our network.
- The 'bragging feature' of Facebook and our tendency to compare what we see on social media to our own lives that is particularly harmful for our mental health.



Comparing Creates Jealousy

- When we are constantly comparing ourselves to others, this undoubtedly leads to jealousy and envy.
- However, this is to be expected when people use social media to brag about their lives and present false realities.



Social Media Addiction is a Vicious Cycle

- Even when we are aware that overuse of social media is bad for our mental health, we will still instinctively use it, several times each day,
- Even though we know it's not making us happy or contributing to our wellbeing.



Virtual Friends don't Counteract Loneliness

- Spending time online with virtual friends does not have the same positive impact on our wellbeing as time with real friends has.
- We still need social contact, and social media cannot replace real human interaction!



Steps to Social Media Detox

1. Deactivate your accounts
2. Uninstall all social media apps – on your tablet, smartphones and other devices
3. Block all social media sites – on your PC and laptop
4. Replace social media with another activity



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This project has been funded with support from the European Commission.
This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



2018-1-UK01-KA204-048095