

Harnessing The Positive Power of Social Media for Your Mental Health

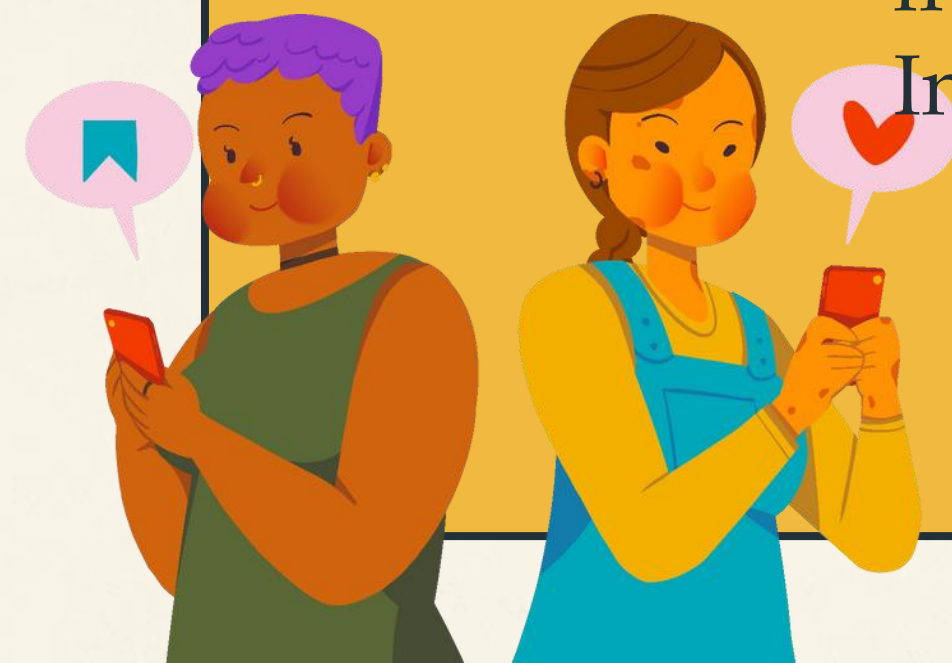


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Dominance of Social Media in Our Lives



- Over 4.95 billion people worldwide use social media, accounting for 61.4% of the global population
- On average, individuals spend 2 hours and 24 minutes (about 15% of their waking hours) on social media per day
- Americans spend between 30 minutes to an hour per day on major social media platforms like TikTok, YouTube, Twitter, Instagram, Facebook, and Snapchat



Benefits of Social Media Usage on Mental Health

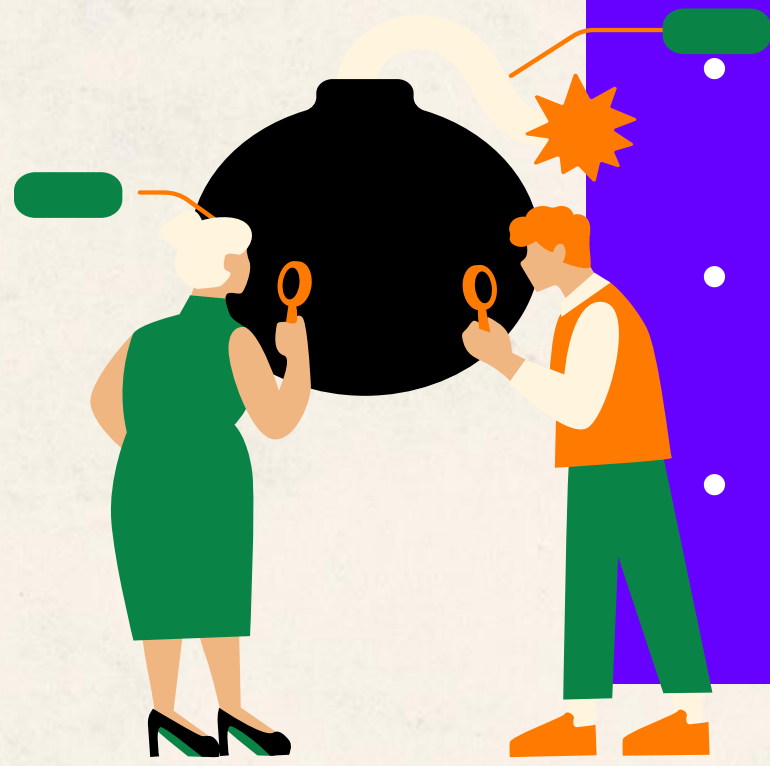
- Social media allow users to maintain interaction with loved ones, promoting emotional well-being by reducing loneliness
- These platforms provide opportunities to enhance mental health by facilitating social connections and peer support through online communities
- For seniors, social media activities help them exercise their brain to bring cognitive benefits



Potential Mental Health Threats Posed by Social Media Usage



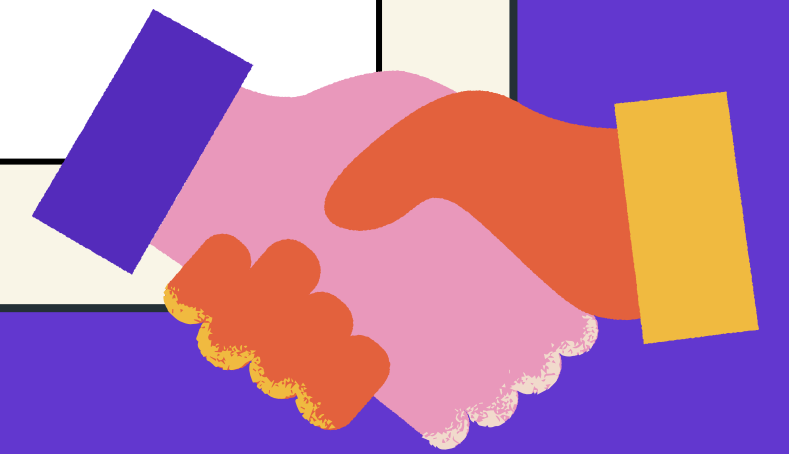
- Comparison and self-esteem issues
- Cyberbullying and online harassment
- Feelings of isolation due to lack of face-to-face interactions
- Inducement of fears of missing out
- Exposure to distressing content
- Social media can be addictive
- Blue light from screens suppresses melatonin production, affecting sleep regulation





Strategies for Harnessing Social Media's Positive Effect on Mental Health

- Establish goals and limits before using social media
- Follow inspiring, educational, and positive accounts
- Take regular breaks from social media
- Engage in meaningful interactions
- Reduce exposure if certain content consistently triggers negativity or anxiety





Thank You!

