

SOCIAL MEDIA USE

NEGATIVE EFFECTS

Excessive social media use leads to low self-esteem, decreased productivity, loneliness, disrupted sleep, anxiety, depression, and limits time for self-reflection.

MONITOR YOUR SCREEN TIME

- In your phone settings, check what your screen time is
- Set time limits for apps you would like to cut down on

TIPS

- Do not use social media at least 1 hour before bed
- Put your phone away when doing homework, eating, or when interacting with friends

[Click here for more information](#)

REMEMBER

- Social media is not always truthful
- You do not need to change who you are
- Enjoy the present moment



**MENTAL
HEALTH
MATTERS**