

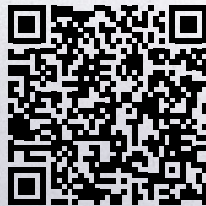
NATIONAL DEPRESSION AND MENTAL HEALTH
AWARENESS AND SCREENING MONTH

IMPROVE YOUR MENTAL HEALTH BY TAKING CONTROL OF YOUR SOCIAL MEDIA

Strategies for healthy social media use:

- 1. Evaluate your why.** Know your goal for being on social media and stick to it.
- 2. Only click on content you enjoy.** Unfollow or hide feeds that negatively impact your emotional state of mind.
- 3. Limit your time on social media.** Most experts agree that adults should limit screen time to less than two hours per day outside of work-related activities.
- 4. Pay attention to your emotions.** If you notice you are less happy, consider unplugging or embracing life away from the screen.
- 5. Counter negative self-talk.** Do not compare yourself to others.
- 6. Follow the feel-good stuff.** Search out things that make you happy and add them to your feeds.
- 7. Get out with friends.** Start a new hobby. Embrace life away from social media.

Scan the QR code to read the article
"Tips for Using News and Social Media in a Healthy Way."



Source: Healthwise