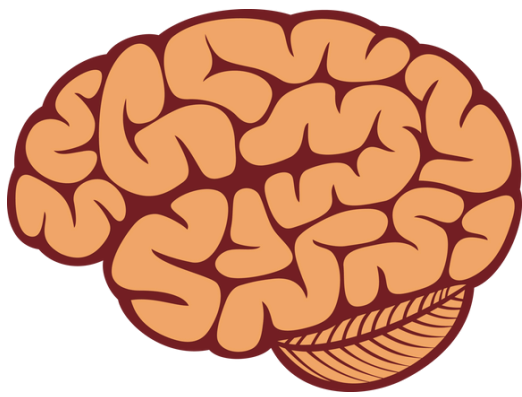


# SOCIAL MEDIA AND YOUR BRAIN



## problems

### Social media hijacks your dopamine receptors

This is a term thrown around often but what does it mean. the gratification from social media in the form of followers, likes, and comments flood your head with dopamine and you keep seeking that rush through your phone

this rush of dopamine while pleasant can throw off the receptors normal cycle of effort and reward. this can cause you to seek the dopamine release from your phone dulling your sense of reward which can lead to anxiety



## Solutions

### What can we do now?

you can start by reducing social media use. watch your screen time and challenge your self to reduce it every week. social media has been shown to help with social anxiety by improving confidence and feeling connected with others but only within moderation

ways to help reduce screen time is by filling your day with other things. Picking up a hobby can help your dopamine receptors reset. apps that limit your time on social media or encourage you to be active.

If it ever feels social media is severely effecting your mental health please reach out to a loved one or medical professional or call (855) - 570 - 3927