

# SOCIAL MEDIA ADDICTION

Spending too much time on social media can really mess with your mental and emotional health. Studies show that being addicted to social media can make you feel lonelier, more depressed, anxious, and lower your self-esteem. Plus, all the constant updates and alerts can stress you out and make it hard to focus.



# 1

## Set boundaries

Cut down on your social media time each day and set specific times to check your accounts

## Practice mindfulness

Pay attention to how you act online and notice how it affects your mood. Take breaks whenever you need to

# 2



# 3

## Seek Help

Reach out to professionals or trusted individuals for guidance and support.

## Use technology tools

Consider using apps or features that track and limit your social media usage.

# 4



# 5

## Focus on real-life connections

Focus on spending time with people in person and building strong, real-life relationships.

## Source

<https://www.hackensackmeridianhealth.org/en/healthu/2024/04/23/spot-the-signs-addiction-to-social-media>