

THE DARK SIDE OF SOCIAL MEDIA



80% of People Reported its Easier to be Decieved by Others Through Social Media

This includes scams, misinformation, identity theft, misrepresentation, and more.



60% Say it has Negatively Impacted Their Self-Esteem

Negative self-esteem can lead to anxiety, depression, negative self-talk, and low resilience.



50% Report Social Media Having Negative Effects on Their Relationships

Can decrease quality time and relationship satisfacion. Effects families, friends, and partners.

Via Huffington Post - "Social Media's Impact on Self Esteem"

DO YOU RELATE TO ANY OF THESE?



Below are some solutions to stay off social media (or lower your usage). Social Media is ingrained in many people's lives, however limiting usage can lower negative effects.

Stay Away



Limit the regular availability of screens nearby. Some solutions include limiting screen time (some phones offer ways to put limits on certain apps), scheduling screen-free time into every day, and turning off your phone for the night at a specific time.

Take Breaks



Follow the 20-20-20 rule (20 seconds of looking at something 20ft away for every 20 minutes of screen time). This rule helps with eye strain, but can also be a time to decide if you're really doing what you want to be doing. If its school work keep going, but if you'd rather be outside then go outside!

Via Everyday Health - "How to do a Digital Detox Without Unplugging Completly"