

Side Effects of Social Media



Active ingredients: Connection, community, good feels, humor, information, fake news, cruelty, insults, emotional turmoil.

Uses: ■ connect with friends, family ■ communicate ■ offer and gain support
■ build relationships ■ share inspiring stories ■ find community ■ plan together ■ gain information ■ share photos, videos ■ promote work ■ create

Warnings -- May cause:

■ Sleep disruption, daytime drowsiness ■ Inattentiveness ■ Diminished feelings of accomplishment ■ Fear of Missing Out (FOMO) ■ Feelings of inadequacy
■ Feelings of exclusion ■ Decreased face-to-face interaction ■ Unrealistic appearance standards ■ Screen addiction ■ Feelings of anxiety ■ Chest or stomach pain ■ Lost motivation ■ Delays in learning ■ Increased risk-taking ■ Bullying ■ Isolating behaviors ■ Decreased physical activity ■ Depressive symptoms ■ Compromised eye health ■ Unrealistic views of self ■ Increased self-absorption
■ Relationship discord

When using this product -- keep in mind:

Short clips (posts, videos, stories) do not truly represent real life. Photoshop edits, filters, and retouching apps intensify unrealistic beauty standards.

Directions: not recommended for ages 13 yrs and under

For Ages 14 yrs and up:

■ Note which active ingredients you're consuming and various effects.
■ Be aware of associated thoughts and feelings during use.
■ Curate your feed to experience positive feelings during use.
■ Do not use a minimum of thirty minutes prior to bedtime.

Keep out of reach:

■ When feeling down, alone, or isolated-can cause negative downward spiral.
■ During breakups-can increase difficult feelings, excessive app checking, hinder ability to let go.
■ When use prevents RL interactions- opting out of in-person events, use limits eye contact.
■ If drinking alcohol-may cause excessive messaging; increase embarrassment following day.
■ If receiving unwanted advances, nude pics, scams. If instincts say "this feels off."
■ Following a crisis or trauma-seek professional help and in-person connections.

Possible Negative Interactions -- Do not mix with:

■ Insecurities-can increase current or create new self-doubts.
■ Boredom or infatuation-may cause binge scrolling.
■ Feelings of depression or anxiety-may heighten negative emotions.

Stop Use or Seek Support if:

■ Use causes obsessive behavior, excessive app checking.
■ Use exceeds more than two hours per day.
■ Confusion occurs between reality vs. non-reality.
■ You feel yourself being sucked into the illusion of perfection.
■ Comparisons cause destructive thoughts and feelings.
■ Difficult feelings worsen.

My Social Media Rx

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Active ingredients: Describe how social media impacts:

- your thoughts:
- your mood:
- how you view yourself:

Uses: How do you want to use your time online?

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-
-
-
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Warnings -- May cause:

What issues concern you about social media?

When using this product -- keep in mind:

What have you noticed about yourself or your friends when going online?

Directions: not recommended for ages 13 yrs and under

What do you recommend for yourself?

- Specific apps to delete?
- Who / What to follow?
- Who / What to unfollow?
- Hard stop for time online?

Keep out of reach:

- When...
- If...
-
-
-

Possible Negative Interactions: What should you avoid mixing with social media?

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-
-

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- Difficult feelings worsen.

WHAT ELSE?

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