



MENTAL HEALTHY NEWSLETTER



As mental health issues among individuals continue to rise year by year, month by month, and day by day, so do topics around ending the stigma on mental health. The *Mental Healthy Newsletter* focuses on raising awareness surrounding mental health and decreasing the stigma on campus.

LOOK FORWARD TO:

- ✓ Education, information, and resources about mental illness
- ✓ Tips on mental health and wellness
- ✓ A dose of inspiration and positive affirmations to get you through

Is social media bad for your mental health?

Sometimes, but not always.

Can you tell me more?? 🤔

Some studies show how social media can affect mental health, highlighting both the benefits and risks. Social media can help with social connectedness, access to information, expression and creativity, and advocacy and awareness. However, it can also negatively impact self-esteem, create a space for bullying and harassment, and impact many other physical and mental health issues.

So, what should I do?

Let's talk about it!

Each month the topic will focus on something different, providing you with up-to-date information and resources within the mental health field. If you have a specific topic or issue surrounding mental health that you would like to see, please send an email to Kaisha Yeager at kyeager@fpcctx.edu.



Mental Health



123 posts

123 followers

123 following

Impact of Social Media on Mental Health: Exploring both positive and negative effects.

Social media plays a major role in our social lives. This page highlights both the positive and negative effects that social media can have on young people's mental health, while also providing helpful tips for achieving a healthy balance.

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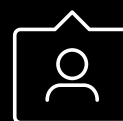
Statistics



Signs & Symptoms



Tips



Social Media & Mental Health

While social media can be fun, excessive use is linked to stress, anxiety, depression, and unhealthy self-esteem.

A global study found that excessive social media use is associated with lower well-being and higher psychological distress (Boer et al., 2020).

But, a **healthy balance** of social media use can enhance connections, increase self-esteem, and create a

Positives effects of social media on mental health

Connection & Support

There is evidence to suggest the importance of social connection for mental well-being. Social media can help individuals stay connected with friends, family, and peers, fostering connection and community. Online interactions can offer support and belonging, being a powerful antidote to loneliness and isolation (Naslund et al., 2021).

Information & Awareness

Social media serves as a readily accessible platform for mental health education, providing users with coping strategies, insights from mental health professionals, and resources for seeking help. Online communities can often empower individuals to share their struggles and experiences while advocating for change to reduce stigma and promote understanding. This fosters a sense of belonging, purpose, and self-expression (Psychology Today, 2022).

Expression & Creativity

Platforms allow individuals to express themselves creatively, share thoughts, and showcase talents, which can boost self-esteem and provide a sense of accomplishment (Zella & Reyes, 2023).

Negative effects of social media on mental health

Comparison & Self-Esteem

Constant exposure to curated images and lifestyles creates an idealized reality, which can lead to unhealthy comparisons and cause feelings of inadequacy. This can negatively impact self-esteem and lead to increased body image dissatisfaction, decreased mood & well-being, and negative self-perception (Zella & Reyes, 2023).

Cyberbullying

Cyberbullying is one of the most concerning negative impacts on mental health. Cyberbullying is associated with increased mental health issues, having a bigger effect on mental health and well-being that lead to anxiety, depression, loneliness and isolation, substance use, and suicidality (Fruehwirth et al., 2024).

Addiction and Time-management

The constant pull of notifications, likes, and updates can lead to social media addiction. This addiction can interfere with academic responsibilities, social relationships, and real-life experiences (UNC, 2024). Engaging in social media late at night, or using it right before bed, can also interfere with sleep patterns, leading to sleep deprivation, mood disorders, poor cognitive function, and poor