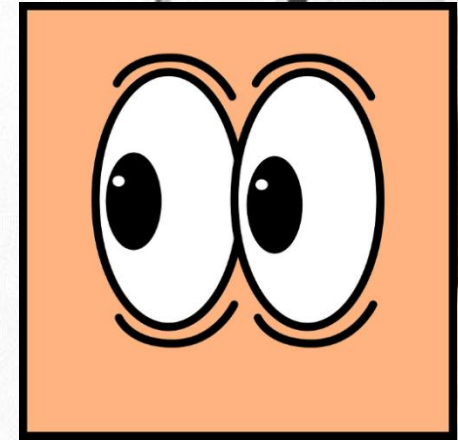
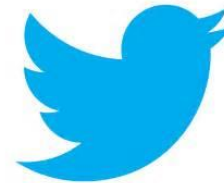


# Social Media: Is it helping or hurting?



**Social media = Forms of electronic communication where users share information, ideas, and messages.\***



\* Merriam-Webster Dictionary definition

# Why does posting make me feel good?

- Researchers have found that when people post things about themselves, they feel good.



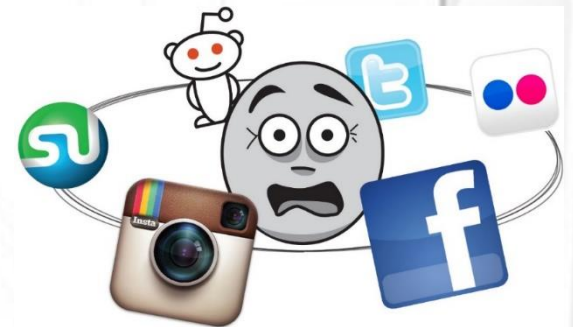
<https://www.lifewire.com/social-media-stimulates-brain-pleasure-centers-2655245>

# Sometimes social media is really fun and helpful!

- Connect to people
- Spread messages quickly
- Share passions and interests
- Get information about a topic
- Stay in touch



But sometimes, it's not so great....





I should be happy after I use social media right?



**Actually....A study done in 2012 found that more than 33% of people surveyed were unhappy directly after they used Facebook.**

Why???????

People in the study reported that they felt frustrated and jealous of other people's posts.

What we see on social media isn't always the same as real life.



Is Social Media helping or hurting you?  
Think each time, “How do I feel after using Tik  
Tok, Instagram, YouTube...?”



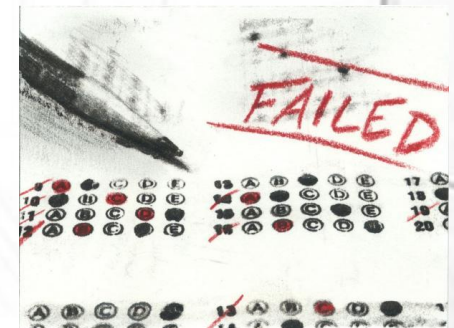
versus:

\*\*If you don't feel good after  
using social media, consider  
cutting down the amount of  
time you use it.



# Ask Yourself:

- Do I get anxious when I can't check social media sites?
- Do I find myself checking my phone during class or meetings?
- Do I feel like I spend too much time on my phone/computer?
- Am I using it to escape from conflicts, obligations or other problems in my real life? (i.e. school work)
- Am I losing sleep because I'm on social media?





# Finding a balance

We live in a culture that uses technology every day. Finding a balance that works for you may help you feel better about your use of social media.



## Tips for breaking your social media habit:

Take a break.

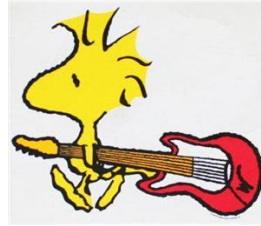


Track how often/how much of your time is spent on social media. Is it more than you thought?



## Other tips for cutting down on social media time:

Find other hobbies you enjoy doing



Try new activities



Go outside



# Feeling like you need some help?



- CAPS (Center for Counseling and Psychological Services)
  - Confidential
  - Make an appointment by calling 607-274-3136
- Center for Health Promotion
  - Confidential/free wellness coaching (THRIVE at IC)
  - Email [healthpromotion@ithaca.edu](mailto:healthpromotion@ithaca.edu) for an appointment.



Center for Health Promotion