

Mental Health Awareness Week - Social Media

Social media can have many benefits such as connecting with friends, engaging in interests or enjoying a funny video. However, spending too much time online, comparing yourself to others and cyberbullying can all have an impact on your mental health.



DO ✓

- Remember that not everything you see on social media is 100% true.
- Use mute, unfollow or block functions when needed.
- Make sure you engage in activities and communicate with friends away from social media.
- Tell someone if you feel uncomfortable or unsafe online.

DON'T ✗

- Compare yourself to other people's social media accounts.
- Keep engaging with content that makes you feel bad.
- Spend all your free time on social media.
- Engage with bullying content or arguments over social media.
- Focus only on negative news or comments.

Challenge!
Have one evening
this week where
you stay off
social media.