

A study showed that Snapchat, Facebook, Twitter and Instagram all led to increased feelings of depression, anxiety, poor body image and loneliness.



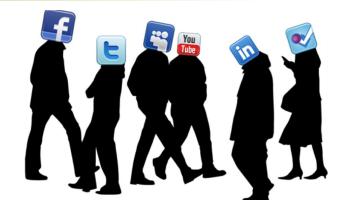
Click here for a video on Social Media and it's effects

> he Partnership for a Healthier Carroll County

8 Dimensions of Wellness **ENVIRONMENTAL**

WEEK 5 - DAY 4

WORKSITE WELLNESS



Organizing Social Media:

In a world where we live on social media, whichever platform you use, it can cause stress and anxiety. News is hand delivered within seconds of something happening, we can watch things live and unroll directly in front of us. So today focus on your social media accounts, do your "friends" bring you a sense of peace and happiness when you see their posts, or is it something that bothers you and you know "the real story"? Unfollow those types of "friends" so their feeds aren't directly affecting your mood. Presented by:

SPIRITUAL INTELLECTUAL PHYSICAL ENVIRONMENTAL FINANCIAL OCCUPATIONAL

EMOTIONAL

"It's fine to have social media that connects us with old friends, but we need tools that help us discover new people as well."

Ethan Zuckerman

