

# FACT

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 its effects

## 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.

*“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**



Presented by:  
**The Partnership**  
for a Healthier Carroll County



EMOTIONAL



SPIRITUAL



INTELLECTUAL



PHYSICAL



ENVIRONMENTAL



FINANCIAL



OCCUPATIONAL



SOCIAL