

Side Effects of Social Media



Active ingredients: Connection, community, good feels, humor, information, fake news, cruelty, insults, emotional turmoil.

Uses: ■ connect with friends, family ■ communicate ■ offer and gain support
■ build relationships ■ share inspiring stories ■ find community ■ plan together ■ gain information ■ share photos, videos ■ promote work ■ create

Warnings -- May cause:

- Sleep disruption, daytime drowsiness ■ Inattentiveness ■ Diminished feelings of accomplishment ■ Fear of Missing Out (FOMO) ■ Feelings of inadequacy
 - Feelings of exclusion ■ Decreased face-to-face interaction ■ Unrealistic appearance standards ■ Screen addiction ■ Feelings of anxiety ■ Chest or stomach pain ■ Lost motivation ■ Delays in learning ■ Increased risk-taking ■ Bullying ■ Isolating behaviors ■ Decreased physical activity ■ Depressive symptoms ■ Compromised eye health ■ Unrealistic views of self ■ Increased self-absorption
 - Relationship discord
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When using this product -- keep in mind:

Short clips (posts, videos, stories) do not truly represent real life. Photoshop edits, filters, and retouching apps intensify unrealistic beauty standards.

Directions: not recommended for ages 13 yrs and under

For Ages 14 yrs and up:

- Note which active ingredients you're consuming and various effects.
 - Be aware of associated thoughts and feelings during use.
 - Curate your feed to experience positive feelings during use.
 - Do not use a minimum of thirty minutes prior to bedtime.
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Keep out of reach:

- When feeling down, alone, or isolated-can cause negative downward spiral.
 - During breakups-can increase difficult feelings, excessive app checking, hinder ability to let go.
 - When use prevents RL interactions- opting out of in-person events, use limits eye contact.
 - If drinking alcohol-may cause excessive messaging; increase embarrassment following day.
 - If receiving unwanted advances, nude pics, scams. If instincts say "this feels off."
 - Following a crisis or trauma-seek professional help and in-person connections.
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Possible Negative Interactions -- Do not mix with:

- Insecurities-can increase current or create new self-doubts.
 - Boredom or infatuation-may cause binge scrolling.
 - Feelings of depression or anxiety-may heighten negative emotions.
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Stop Use or Seek Support if:

- Use causes obsessive behavior, excessive app checking.
 - Use exceeds more than two hours per day.
 - Confusion occurs between reality vs. non-reality.
 - You feel yourself being sucked into the illusion of perfection.
 - Comparisons cause destructive thoughts and feelings.
 - Difficult feelings worsen.
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My Social Media Rx

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Active ingredients: Describe how social media impacts:

- your thoughts:
- your mood:
- how you view yourself:

Uses: How do you want to use your time online?

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Warnings -- May cause:

What issues concern you about social media?

When using this product -- keep in mind:

What have you noticed about yourself or your friends when going online?

Directions: not recommended for ages 13 yrs and under

What do you recommend for yourself?

- Specific apps to delete?
- Who / What to follow?
- Who / What to unfollow?
- Hard stop for time online?

Keep out of reach:

- When...
- If...
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-
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Possible Negative Interactions: What should you avoid mixing with social media?

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WHAT ELSE?

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