

THE IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

Mental
Health
Awareness
Weeks
8th – 18th October

Key Stage 3

Yes/No

- **Not having my phone makes me anxious.**

Yes/No

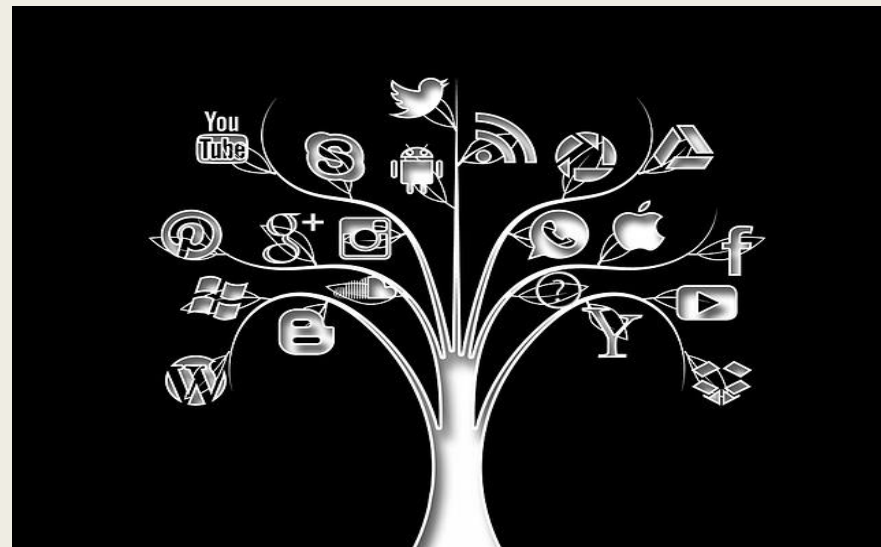
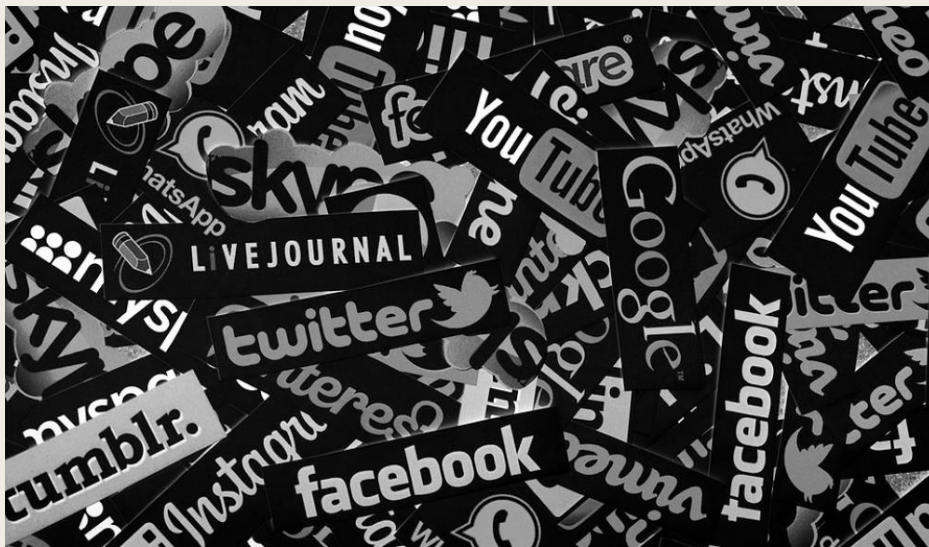
- I am aware of the amount of time I spend on my phone/other technology

Yes/No

- **I am taking measures to ensure that I am not spending too much time on technology**

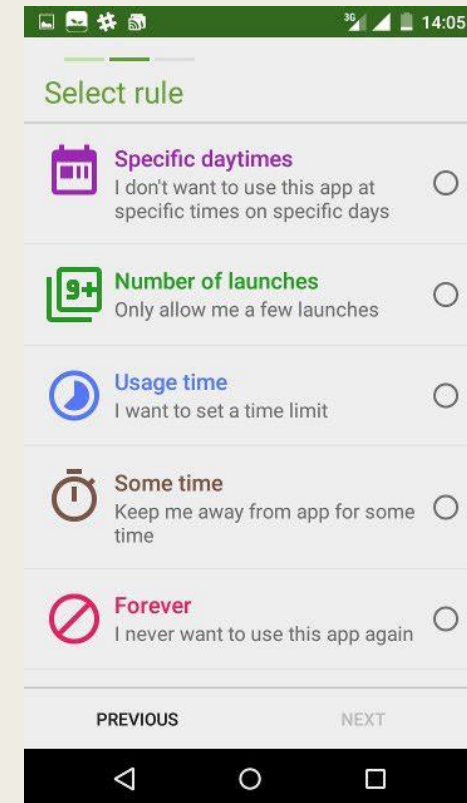
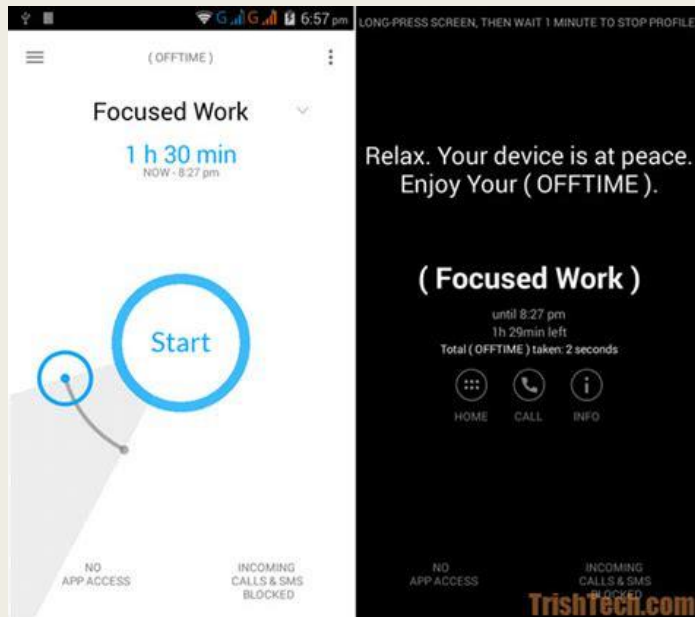
Detrimental impacts of social media

- *Social media is fast becoming a popularity contest which is just providing more unnecessary stress and pressure on young people.*
- *The addictive design of social media is can draw you to spend too much time using technology whilst you could be doing something more beneficial.*



Using technology in a positive manner (screen time)

- Technology doesn't have to be all bad!
- There are ways you can take measures to control your screen time.
- It is possible to use embrace technology to fuel your success.
- **Apple Screen Time/App limit features, Appdetox, OffTime**



Using technology in a positive manner (wellbeing apps)

Mental
Health
Awareness
Weeks
8th – 18th October

-**CALM**: huge range of guided mindfulness meditations including Calming Anxiety, Managing Stress, and Deep Sleep.

-**HAPPIFY**: help you cleanse your mind of negativity and encourage a more positive outlook.

-**HEADSPACE**: teaches you how to meditate, breathe, and live mindfully. It's even been proven to improve focus. There are exercises on topics including managing anxiety, stress relief, breathing, happiness, and focus.

