



# FEELING STRESSED BY SOCIAL MEDIA?

*7 tips to Protect your Mental Health*

Social networking sites (SNS) such as Instagram, TikTok, Threads, and YouTube have become an integral part of daily life. These platforms enable users to connect, share, and stay informed. However, excessive or unhealthy use of social media can negatively impact your mental health, contributing to feelings of inadequacy, loneliness, anxiety, and even depression.

## How Social Media may Contribute to Mood Issues?



### SOCIAL COMPARISON

Viewing selected, idealized portrayals of others' lives can lead users to feel inadequate or dissatisfied with their own. Constant comparison may foster envy and low self-esteem.

### FOMO AND ANXIETY

The fear of missing out on social events or experiences can cause anxiety and feelings of isolation, especially when users see others enjoying activities that they are not part of.

### CYBERBULLYING AND HARASSMENT

Negative comments, online harassment, or social exclusion can significantly affect mental health, particularly among vulnerable individuals.

### SLEEP DISRUPTION

Excessive social media use often interferes with sleep patterns, which can contribute to mood disturbances.

### REDUCED FACE-TO-FACE INTERACTIONS

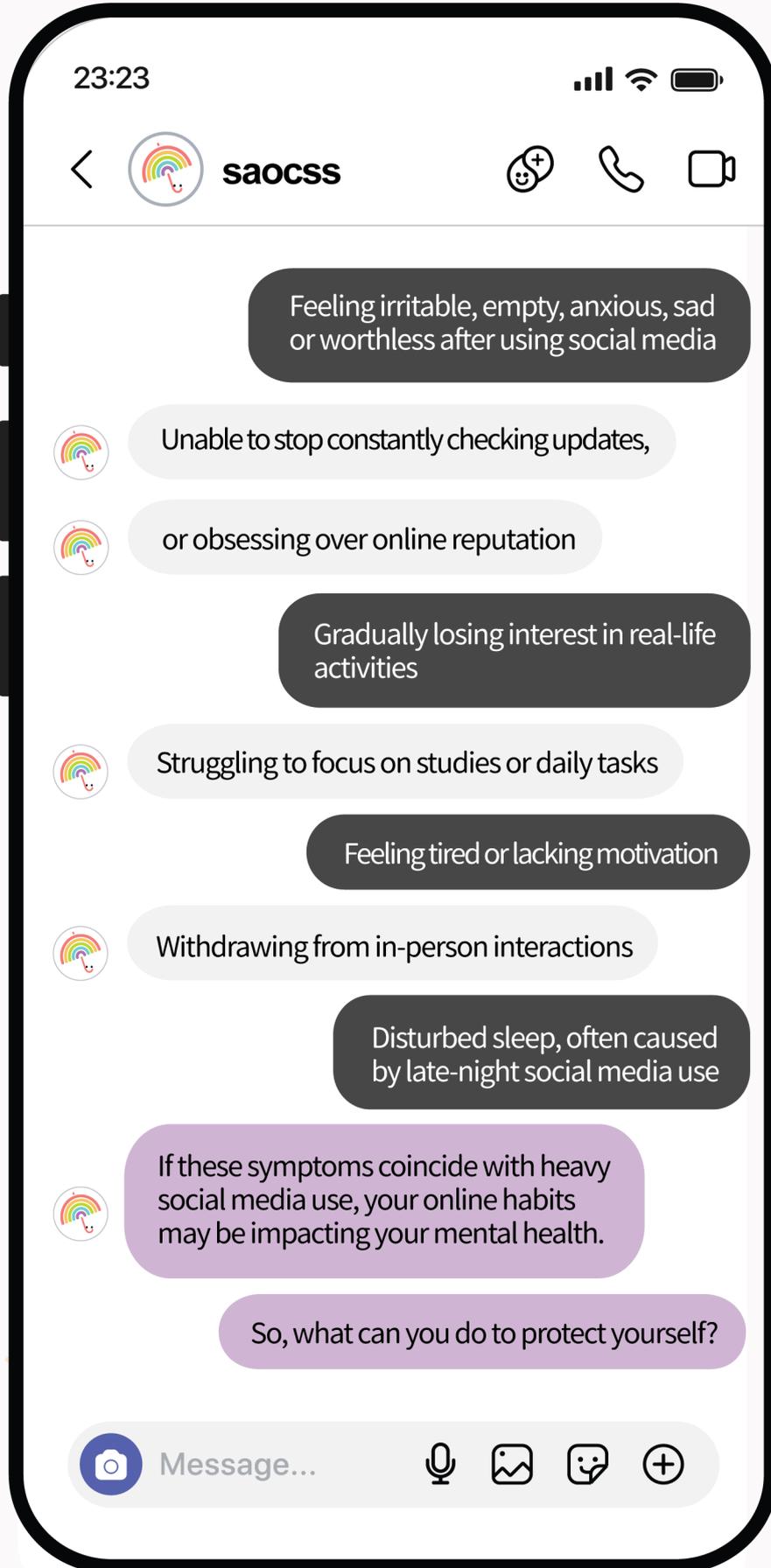
Over-reliance on online interactions may weaken real-life social skills and relationships, potentially increasing loneliness.

### VALIDATION-SEEKING

Relying on likes, shares, or comments for self-esteem can create emotional dependency. When engagement is low, it may lead to feelings of rejection or worthlessness.



## Signs of SNS-Related Mood Problems





## Building Healthy Social Media Habits



### SET BOUNDARIES

Limit your social media use by designating specific times for checking updates. Consider taking half a day or a full day off each week to reduce reliance.



### USE IN THE MORNING

Engaging with social media in the morning can minimize its impact on sleep and mood. Late-night usage often disrupts sleep quality and can worsen depressive feelings.



### BE RATIONAL

Remember that social media content often showcases only the happiest moments of others' lives and may not reflect their realities. If viewing others' posts makes you feel inadequate or jealous, recognize that this pattern is unhealthy. Focus on your own journey and achievements.



### DON'T OVERVALUE COMMENTS

Avoid overanalyzing or expecting responses from others. Not relying heavily on online validation can help maintain your mood.



### BE SMART IN YOUR CHOICE

Follow accounts that promote positivity and authenticity. Unfollow or mute accounts that trigger negative feelings.



### ENGAGE IN OFFLINE ACTIVITIES

Prioritize face-to-face interactions, engage in sports, volunteer, read, or pursue hobbies. These activities can bring more joy and fulfillment into your life.



### SEEK SUPPORT

If you find yourself consistently struggling with disturbed mood, difficulty sleeping, or negative thoughts, talk to someone you trust, or seek help from our counsellors.

**Remember: Take care of yourself both online and offline.  
Learn to control technology, rather than letting technology control your life.**