

MOBILE PHONES, SOCIAL MEDIA AND MENTAL HEALTH



FOMO

Fear of missing out can make it hard to put your phone down. This gets in the way of engaging in things that matter to us - like quality time with friends/family.



NEGATIVE COMPARISONS

People like to share the best parts of their lives on social media, but when this is *all* you see, people can feel like their lives aren't good enough, they're not achieving enough, or that they don't look the way they want to. This can impact our mental health.

BLUE LIGHT

Phones release blue light. This makes our bodies think it's still daytime, which prevents a hormone called melatonin being released. Melatonin is what makes us feel sleepy.

WORRYING NEWS

There's a lot of upsetting news in the world today and many people want to keep up with what is happening. However this can create a negative bias - thinking that everything is bad, there's nothing we can do, and that bad things are more likely to happen.

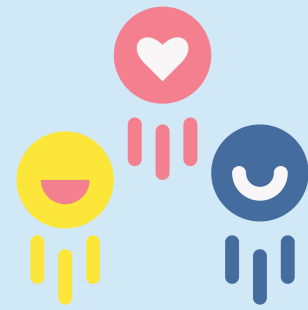
DOOMSCROLLING

Social media is designed to be addictive. There's no harm in scrolling, but it can prevent us from doing things that really matter to us.

**TURN OVER FOR SOME SIMPLE TIPS TO IMPROVE YOUR
RELATIONSHIP WITH YOUR PHONE AND SOCIAL MEDIA.**

TIPS AND TRICKS

FOR IF YOU ARE...



SPENDING TOO MUCH TIME ON SOCIAL MEDIA?

Think about setting limits on social media apps via your Settings.

On iPhones, go to: Settings > Screen Time > App Limits

On Android phones, go to: Settings > Digital Wellbeing > Access App Timers

You can also see which apps you use most and how long you spend on each!

CHALLENGE: Try setting a limit for an hour less than you've used this week!

USING YOUR PHONE AT ALL HOURS OF THE NIGHT?

Create the perfect bedtime routine!

To give your brain time to wind down and trigger the (super important) melatonin we need to sleep, try to get into the routine of not looking at screens for at least half an hour before bed.

(Ideally a whole hour is best!)

Instead, think of some relaxing activities you might enjoy - have a hot drink, read a book, or note down the good, bad, and ugly parts of your day in a journal.

CHALLENGE: Try a 2-week relaxing bedtime routine to see how it feels.

STRUGGLING WITH THE CONTENT OF SOCIAL MEDIA?

Try blocking certain words from the apps you use, like instagram or TikTok. Look for people/pages that focus on positivity or things you're interested in.

Write down some affirmations if you negatively compare yourself to others - here is one to start: I am proud of who I am and what I have accomplished.

Recognise the things that are within your control when you feel powerless.

Consider your own wellbeing. Look for signs that you need a break from social media.

CHALLENGE: Do a purge of the accounts you follow on social media. Only keep the ones that matter to you!