

Social Media and Mental Wellbeing

Strategies for Healthier Use



How Happy are you?

In most ways, my life is close to my ideal.

The conditions of my life are excellent.

I am satisfied with my life.

**If I could live my life over, I
would change almost nothing.**

**That's how happy you are
(according to science)**

I Am Hopeful for the Future

I Feel My Life has Purpose

**Is it Possible to Change our
Happiness? Our Wellbeing?**

How?



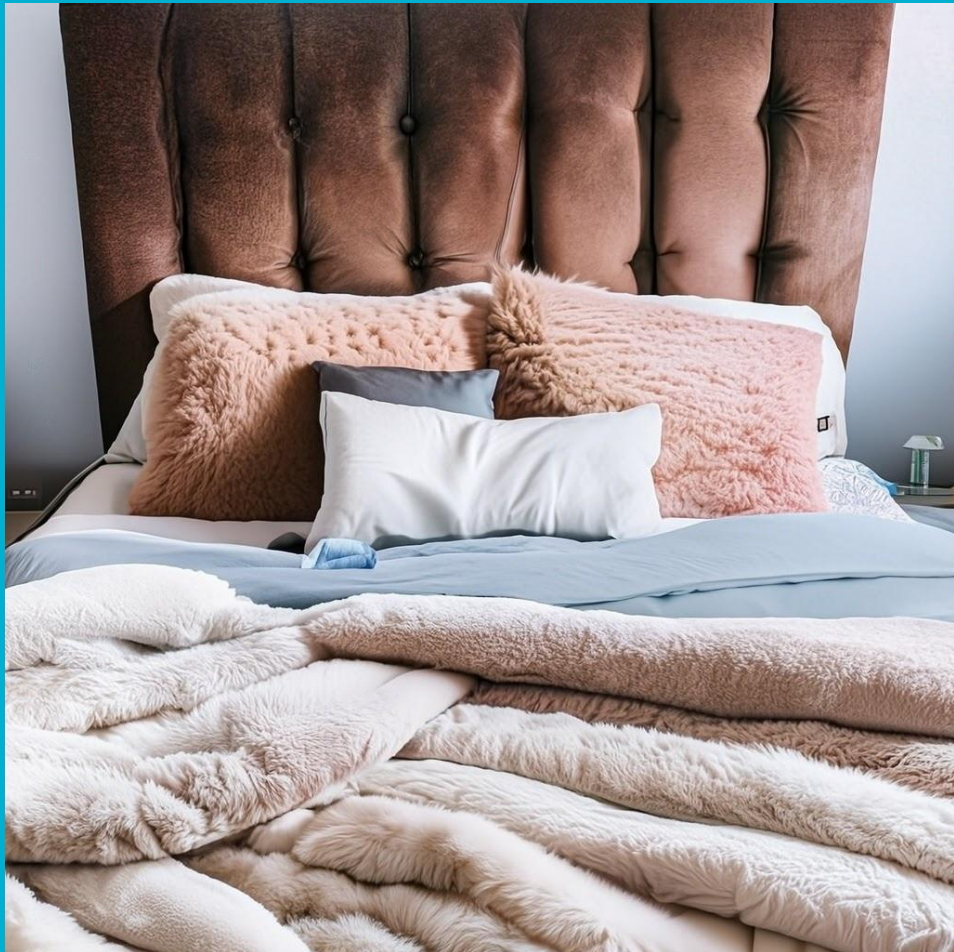
= **Good**

Physical Activity



= **Good**

*Warm day by a body of
water*



= **Good**

Good Quality Sleep



= Good

???

=



Person on phone

Association of Facebook Use With Compromised Well-Being: A Longitudinal Study



*graph with "mental health"
and "Facebook" as the
axis with a negative slope*



Elvis holding a lightbulb with a inquisitive look, also, he is wearing a wizard hat

Elvis holding a lightbulb with wizard hat

Elvis holding a lightbulb

Image Proving that Elvis invented the Lightbulb and not the other person that people are saying.

Wizard with a lightbulb

More Facebook -> Worse mental health.

Or

Worse Mental Health -> More Facebook?

Week Without Social Media

Wall Activity

Stress

Positive Emotions

Life Satisfaction

Heavy, Passive, Envious.



Heavy, Passive, Envious

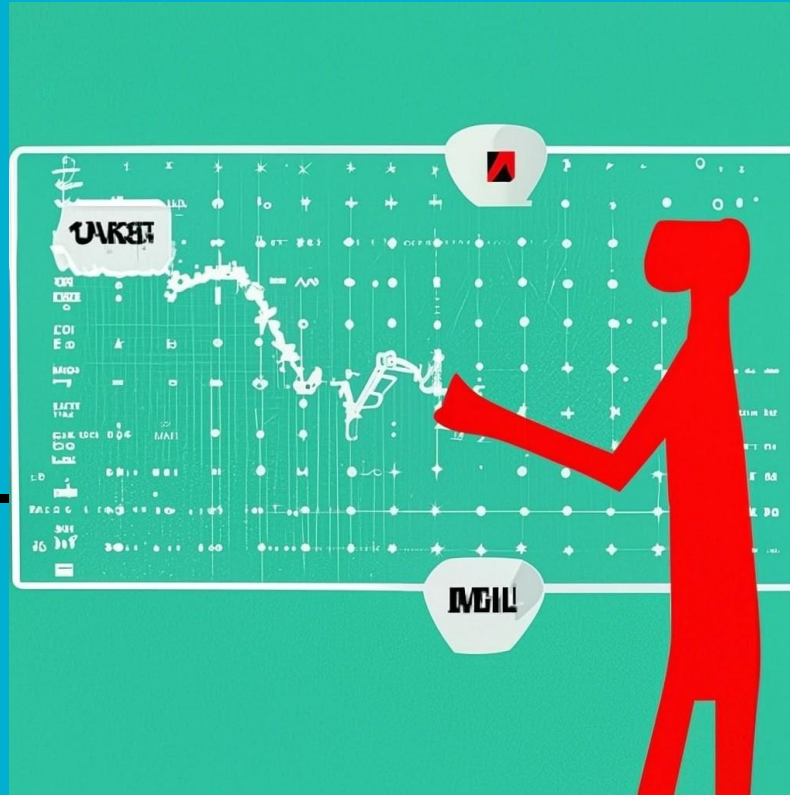
Strategies

Use Lightly

Use Actively

**Be Proud of/Grateful for
Others' Wins.**

Additional Studies / Thoughts



*graph with "mental health"
and "Facebook" as the
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Bonus Biology Lesson

Dopamine



Feeling “Full”



Questions?
