

The rise of *Social Media* has meant that people are more connected than we have ever been in the history of time. But our reliance on *Social Media* can have a detrimental effect on our **Mental Health**. While *Social Media* platforms can have their benefits, using them too frequently can make you feel increasingly *unhappy and isolated* in the long run.

“When we derive a sense of worth based on how we are doing relative to others, we place our happiness in a variable that is completely beyond our control,” Dr Tim Bono. **Comparing** yourself to others on *Social Media* by *stalking their aesthetically perfect Instagram photos or staying up to date with their relationship status on Facebook* could do little to assuage your feelings of **self-doubt**. **Becoming more conscious** of the amount of time you spend scrolling through other people’s online profiles could help you focus more on yourself and **boost your self-confidence**.

As human beings, it’s so important for us to **be able to communicate** and make **personal connections** with one another. However; it can be hard to do so when we’re glued to rectangular screens, becoming more acquainted with our friends’ digital facades than their real-life personas.

Having enough *sleep is of paramount importance*. However, many of us use our phones too soon before choosing to hit the hay, making it harder to doze off. It’s not just your subconscious brain that you need to worry about, but also the extent to which your brain is able to fully **concentrate** when you’re awake. *Poor sleep could hit the productivity of an individual*.

Social Media has proven to cause **Mental Health** issues such as *stress, anxiety or depression* when used too much or without caution. While you **don’t** necessarily have to **quit Social Media** for good, if you feel like it’s beginning to bog you down, why not consider **allocating Social Media-free** time slots during your daily routine? The slight change could do you a whole lot of *good and boost your Mental Health*

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