

# MENTAL HEALTH AND MY ONLINE IDENTITY

INTRODUCTORY LEVEL



# TAMUS

## TALKING ABOUT IT MAKES US STRONGER

<https://tamusproject.eu/>

### Interactive Magazine

## What is My Mental Health and Why Should I Protect It?



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## **LEVEL**

Introductory

## **AGE GROUP**

13-17 Year Olds

## **TOPIC**

Mental Health and My Online Identity



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Social media has become an essential part of young people's lives, providing a platform for self-expression, communication, and social connection. However, it's important to recognise the potential negative effects of excessive social media use on mental health. In this video, we will discuss some of these potential negatives to social media use.

Link: <https://youtu.be/jGPNgX5Ybdw?feature=shared>



# CHECK-IN QUIZ

Thank you for watching this short video!

Can you spare 2 minutes to reflect and answer some questions about the video? For this, you will need to take a pen and some paper, and answer the following reflection questions:

1. Did you find that short video interesting?
2. Did you learn something new from the video?
  - i. If yes, what did you learn?
3. Did you ever consider the impact that social media could have on your mental health?
4. Did you ever consider how continuous use of technology could impact your sleep and your mental health?
5. What do you think would be the most difficult parts of a digital detox?

Take 2 minutes to write down your answer. Explain your answer here:

# EXPECTED LEARNING OUTCOMES

## KNOWLEDGE

- Knowledge of the impact of social media on my mental health.

## SKILLS

- Outline steps to protect one's well-being in online environments.
- Describe the impact of social media on my mental health.

## ATTITUDES

- Aware of the impact of social media on my well-being.



# **NURTURING MENTAL HEALTH - STEPS TO MINIMISE SOCIAL MEDIA'S IMPACT ON YOUNG PEOPLE**

# NURTURING MENTAL HEALTH - STEPS TO MINIMISE SOCIAL MEDIA'S IMPACT ON YOUNG PEOPLE

Social media is a significant part of the life of every young person on the planet. From communication to entertainment, most of the information and content we consume comes from our phones. This is why it is very important to understand how to be mindful of the potential impact of social media on your mental health. To learn how to create a healthier relationship with social media, here are some helpful tips!

1. Create important boundaries: create better boundaries for the amount of time that you spend on social media. Using the screen time feature on your device, try to set healthy time limits on all the social media apps on your phone.
2. Practice a digital detox: take regular breaks from social media and designate particular periods of time, such as weekends or evenings, where you completely disconnect from social media. Utilise this time for activities that nourish your well-being, such as hobbies, exercise, or spending quality time with loved ones.



3. Curate the content you consume: be selective about what content you consume online. Spend time curating your experience online by blocking and muting topics and people that make you uncomfortable, are harmful, or make you feel down.
4. Limit your notifications: adjust your notification settings to reduce distractions and minimise the constant urge to check social media.
5. Practice self-reflection: take some time to reflect on your own emotions and well-being when using social media. Notice how certain content or interactions impact on your mental health.

By taking the time to put into practice some of the tips above, you can begin to nurture a healthier relationship with social media, protect your well-being, and create a more well-balanced and fulfilling digital experience.

Prioritise your mental health, embrace your individuality, and find joy in both your online and offline worlds!



# **SELF-HELP ACTIVITY – MY DIGITAL DETOX!**

# SELF-HELP ACTIVITY – MY DIGITAL DETOX!

One of the best ways to reduce the impact of social media on your mental health is by taking a detox from social media and digital devices in general. A digital detox entails temporarily distancing oneself from digital devices for a predetermined duration, which may range from a few hours each day to an entire day or even a weekend per month.

Begin by checking out the amount of time that you spend on social media on your phones. You can do this by accessing the screen time settings on your phone. How much time are you spending on social media?

Using your screen time features set a 30-minute maximum time limit on each of your social media apps – this includes TikTok, Instagram, Snapchat, as well as many others.

Next, choose one day a week where you will try to use your phone as minimally as possible. This means you will strive to spend the least amount of time as possible away from your phone, turning off push notifications, and removing screens from sight.

After you have completed this step, make a pledge to stop using your phone first thing in the morning and last thing at night. This will help you sleep better and relax for longer. This will help to decrease negative thinking habits and promote healthy long-term sleeping patterns.



# VIDEO LIBRARY

[VIDEO] 5 Crazy Ways Social Media is Changing Your Brain Right Now

[https://youtu.be/HffWFd\\_6bJ0](https://youtu.be/HffWFd_6bJ0)

[VIDEO] Why Are You So Addicted To Your Smartphone?

<https://youtu.be/3KjeRmkyY9c>

[VIDEO] Social Media Addiction

<https://youtu.be/VjcxbOmV6Do>



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