

Employee Assistance Program *Tip Sheet*

Navigating Social Media for Mental Wellness

Social media can be both a valuable tool and a source of stress. When used with intention, it connects us, inspires creativity, and provides community support. But overuse or negative interactions may fuel anxiety, depression, and feelings of inadequacy. Keep reading to learn ways to strike a healthy balance.



1. **Curate Your Feed:** Follow accounts that uplift, educate, or inspire you. Unfollow or mute pages that trigger comparison or negativity.
2. **Set Time Limits:** Use screen time tools to monitor and manage your usage. Try scheduling “social media-free” blocks throughout your day.
3. **Engage, Don’t Just Scroll:** Be an active participant. Comment, share, and connect with people who bring positivity into your life.
4. **Practice Digital Detoxes:** Take breaks, especially if you notice mood changes or stress. Even a short break can help reset your mental space.
5. **Protect Your Sleep:** Avoid screens at least one hour before bed. Blue light and emotional content can disrupt restful sleep.

Social media isn’t all good or all bad. It’s how we use it that matters. If social media is affecting your mood or self-esteem, talk to someone. Employee Assistance Program (EAP) counselors are here to help. Contact your EAP for free, confidential resources and guidance.

Source: <https://insightspsychology.org/mental-health-impact-of-social-media/>



Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

24/7/365 PHONE:
1.800.833.3031

WEBSITE:
EAPHelpLink.com
CODE: IOWA



Scan this QR code using your phone camera to go directly to the EAP website

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