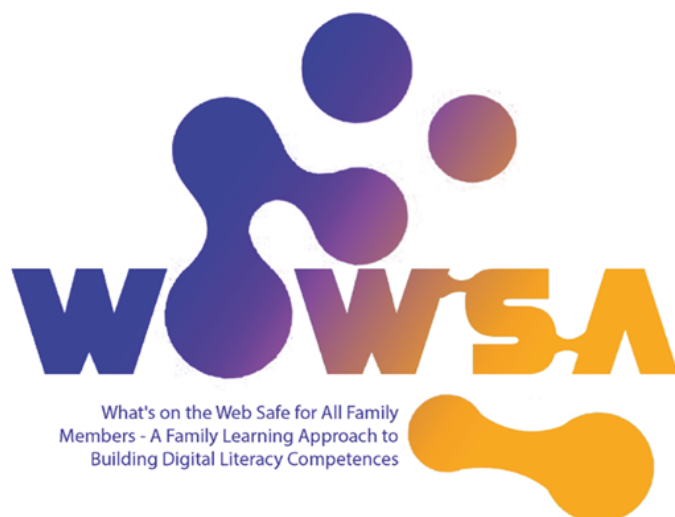




MEDIA BALANCE AND WELLBEING

Introductory Level





Have you ever had the feeling that you've spent too much time on your phone? What were you doing?



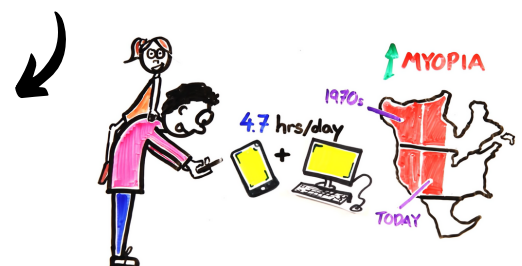
Screens and devices have become essential for us, and can be excellent learning devices. We can use them to connect with others, get support, master new skills, relax and have fun. But are you balancing your screen time and the media you consume? Is it contributing to your wellbeing?

Not all screen time is the same. If you are consuming media that gets you down or makes anxious or depressed, spending too much time on mindless scrolling, you should assess and redirect your focus!

MENTAL HEALTH: Using tech to support your wellbeing

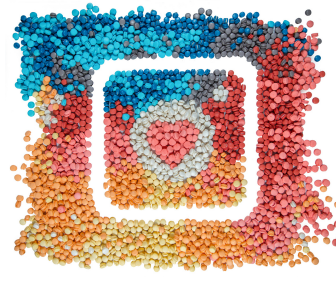
Is technology making life better or worse?

Guide to anxiety



How Is Your Phone Changing You?

Anxiety loves social media!



We have all been there: scrolling, scrolling, scrolling, and the next thing you know, a whole hour has passed!

Some of the negative ways social media can impact on your wellbeing include:

- Disrupting your sleep
- Focusing on appearance
- Fake/misleading images
- You can't help but compare yourself to others
- Cyberbullying, trolling, catfishing, etc..
- FOMO (fear of missing out)
- It can be be addictive
- You spend time scrolling instead of socialising or engaging in self-care.

Good news! There are actually lots of benefits about using socials (in a healthy way of course!)

Did you know that social media can be good for you?

Social media can help you...

Strategies for a mentally healthy feed:

- Follow pages that support and promote diversity.
- Pages who offer a balanced view on life (good and bad days).
- Join groups where you feel safe and supported, and causes you are passionate about.
- Remember social media should enhance socializing with friends, not replace it.
- Take a break from time to time.
- Keep some things just for you (pick and choose what you post).

Develop your identity

Develop your goals/ aspirations

Socialize with friends

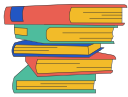
Access supports

Keep your feed fit: Make socials good for your mental health



Finding balance in our digital lives

The amount of time you spend on your screen can sneak up without you realising it. What can you do if your screen time has gotten out of balance and you're feeling anxious?



- Get other activities done first before you relax online. For example do some exercise, get your homework and chores done, walk the dog and spend time with your family before turning on your device.



- Schedule some 'no screen times' during your day. Set up times to 'unplug'. Make mealtimes screen free.



- Make sure you have offline hobbies and interests that you enjoy regularly, like seeing friends or playing sport.



- Work out how much sleep you are getting? Sleep should be a priority, as it is important for our physical and mental health.

Further resources

[6 Reasons to Take a Smartphone Vacation!](#)

[Screen Time: How Much Is Too Much?](#)

[Digital Life: Balance - Buried Alive](#)



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