



Smile Social

Instagram Post Log

Katie Mone

June 2022

Week 3

Week 3 - Post #1

Release Date & Time: Monday 6/27/22 at 11 AM

Theme: Mental health discussion, online/social media impact

Image:

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Mental health. It has certainly come a long way as a topic of discussion, from barely being talked about to being a pinpoint in conversation. More and more people seem to be willing to have that conversation and be open with their emotional well-being. But are people able to accept that social media plays a large role in the mental health crisis we are facing today?

In a recent study, high levels of social media use over the span of four years were associated with increased depression among middle and high school youths. And most individuals open a social media account at the young age of 12, on average! This correlation is certainly concerning!

Dr. Anne Marie Albano is a Columbia University professor and director of the school's Clinic for Anxiety & Related Disorders. She says that feelings of isolation, hopelessness, alienation, anxiety, and depression are all commonly linked with heavy usage of social media, especially when people spend more time online rather than having face-to-face interactions. Comparison culture also continues to hold a tight grip on the youth of this generation.

So do yourself a favor! Chat with friends in person rather than on social media. Cherish real-life conversations more than behind-screen discussions. Understand that you only live once and you should make the most of it. It's easy to get caught up in scrolling, but don't forget to look up once in a while! #SmileSocial #MentalHealthAwareness #HappierScrolling #HaveYouSmiledToday





Smile Social

Instagram Post Log

Katie Mone

June 2022

Week 3

Week 3 - Post #2

Release Date & Time: Thursday 6/30/22 at 10 AM

Theme: Social media is a toxic mirror, body image, self-image, self-esteem

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The other day, we talked about mental health issues and social media's heavy correlation to them. The main focus was overall feelings associated with overconsumption of social media.

Today's topic continues that ongoing conversation and builds upon it. We're shining a light on physical health as well, particularly body image issues, and how issues with both physical and mental health can intertwine due to social media's impacts.

Rachel Simmons at Time Magazine dives into this idea of a "toxic mirror", how social media makes us see ourselves. Many social apps make our physical appearance and 'selfies' the focal point while also allowing us to alter our appearances.

These false and unrealistic standards can be extremely damaging. Psychologists have found substantial evidence linking social media use to body image concerns, dieting, body monitoring, a drive for thinness, and self-objectification in adolescents.

Instead of authorizing and promoting these behaviors, we should strive to discourage and unlearn them. Social media should be an accurate and pleasant reflection of who we are rather than a toxic mirror. #SmileSocial #ToxicMirror #BodyImage #MentalHealth #PhysicalHealth #SocialMediaImpact #HappierScrolling #HaveYouSmiledToday

