



COUNSELING CENTER

Social Media: Supporting Connection or Isolation?

While social media was created with the intention of keeping us connected, growing research suggests it may be doing the opposite. Learn more about this powerful form of digital media and how to use it in a healthy way that serves you.

Signs and Symptoms:

- Preoccupation with checking social media
- Experience of withdrawal symptoms (sadness, anxiety, irritability) when access is not possible
- Experiencing FOMO (everyone around me is living life to the fullest and I'm missing out)
- Social media is a primary means of social communication
- Having regretted communication or posts you have made on social media
- Giving up other activities, loss of interest in previously enjoyed activities due to time spent on social media
- Inability to discontinue social media use despite problems
- Negative impact on academic or job performance or social relationships

Quick coping tips/strategies:

- Establish a moderation or abstinence plan related to social media behaviors (think about taking a break or deleting social media applications that don't serve you)
- Be mindful of environmental cues and triggers that contribute to social media related behaviors (accessibility to phone or computer, push notifications, etc.)
- Use accountability software to support self-awareness and intentionality with digital media use (Screen-Time, Digital Well-Being, Rescue-Time)
- Utilize organization and management tools to support daily intentions including where social media fits in (Google calendar, to-do lists, timers, etc.)
- Find ways to engage energy, curiosity and creativity in non-screen-based activities
- Maintain consistency and routine with self-care (sleep / sleep hygiene, nutrition, exercise)
- Engage in meaningful social opportunities in-person

Learn more about the impacts of social media overuse and ways to support moderation.