

SOCIAL MEDIA AND MENTAL HEALTH



What are the signs that social media is having a negative impact on my mental health?

What will I do when social media is having a negative impact on my mental health?

What benefits would I like to achieve from using social media?

How am I going to ensure I achieve these benefits?

Am I going to set myself limits regarding time length and times of day for using social media?
If so, what are they?

If I am going to spend less time on social media, what will I do instead?