

Mental and Emotional Health

Social Media & Technology

What is Mental Health?

- **How you feel on a day to day basis**
- A mentally healthy person often feels
 - Happy
 - Motivated
 - Passionate
 - Content
- Mentally healthy people sometimes feel sad, depressed, or anxious
 - Use coping methods
 - Have ways to overcome these feelings

Different Types of Emotions



Sadness

- Not smiling or laughing
- Possibly crying



Uneasiness

- Anxious
- Worried

Happiness

- Smiling
- Laughing
- Enjoyment



Peacefulness

- Content
- Don't want anything to change



IT'S OKAY TO
NOT BE OKAY



Mental Health Diseases



Depression



Anxiety



**Heightened
Stress**

What causes these mental health diseases?

What are signs and symptoms of each?

Sticky Note Activity



- 6 large sticky notes around the room
 - Depression: Causes/Risk Factors
 - Depression: Signs/Symptoms
 - Anxiety: Causes/Risk Factors
 - Anxiety: Signs/Symptoms
 - Heightened Stress: Causes/Risk Factors
 - Heightened Stress: Signs/Symptoms

Go around the room & put a word or phrase on 1 - 3 sticky notes that you associate with each topic

Depression

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- Risk Factors & Causes
 - Physical Abuse
 - Substance Abuse
 - Severe Illness
 - Certain Medications
 - Death or Loss
 - Major Life Events
 - Genetics



- Signs & Symptoms
 - Apathy
 - General Discontent
 - Guilt
 - Hopelessness
 - Loss of Interest or Pleasure in Activities
 - Mood Swings
 - Sadness
 - Agitation
 - Excessive Crying
 - Irritability
 - Restlessness
 - Social Isolation
 - Early Awakening
 - Excess Sleepiness, Insomnia, or Restless Sleep
 - Excessive Hunger, Fatigue, or Loss of Appetite
 - Lack of Concentration
 - Slowness in Activity
 - Thoughts of Suicide

Anxiety

- Risk Factors & Causes

- Trauma
- High Stress Build Up
- Stress from Illness
- Other Mental Health Disorders like Depression
- Drugs/Alcohol



- Signs & Symptoms

- Fatigue
- Restlessness
- Sweating
- Lack of Concentration
- Racing Thoughts, or Unwanted Thoughts
- Irritability
- Excessive Worry, Fear
- Feeling of Impending Doom
- Insomnia
- Nausea
- Palpitations
- Trembling

Heightened Stress

- Risk Factors & Causes

- Being Unhappy in your Job
- Having a Heavy Workload
- Death of a Loved One
- Loss of Job
- Chronic Illness or Injury
- Major Change
- Fear
- Uncertainty



- Signs & Symptoms

- Becoming easily agitated, frustrated, and moody
- Feeling overwhelmed, like you are losing control or need to take control
- Having difficulty relaxing and quieting your mind
- Feeling bad about yourself
- Avoiding Others
- Low Energy
- Headaches
- Upset Stomach
- Insomnia

Social Media & My Mental Health

What are some positive
aspects of social
media?

- Staying connected with friends and family
 - Staying up to date on news and current events
 - Discovering new ideas, places to visit, restaurants, etc.
 - Apps can help with anxiety, depression, and stress
 - Following positive accounts
 - Being a positive account
 - Unfollowing negative accounts
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What are some negative effects of social media?



- Spending too long on social media can cause poor mental health, including symptoms of anxiety and depression
 - Recommended time per day is 30 minutes
- Cyberbullying takes place
- Fear of missing out, or not being included by friends
- Unrealistic expectations (photoshop, fake news, etc.)
- Negative body image
- Unhealthy sleep patterns
- Addiction



Types of Technology



Positive Aspects of Technology

- Immediate access to a wide variety of information
- Music can promote feelings of happiness
- More options for learning
- Staying connected with friends and family
- Entertainment
- Relaxation

Negative Aspects of Technology

- Poor posture, back pain
- Social disconnect, lack of social skills
- Obesity, malnutrition
- Eye strain
- Poor sleep habits
- Depression, anxiety, and stress
- Addiction

Ways to Mediate Negative Effects of Social Media & Technology

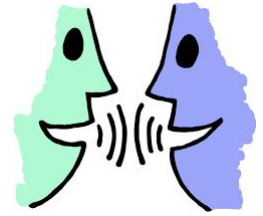
- Use apps that can help keep you off your phone (Example: Forest)
- Turn off notifications
- Turn your phone on airplane mode overnight
- Turn phone off/on airplane mode for certain hours of the day



yellkey.com/detail



Let's Practice...



Form groups of 2-3 and turn your phone completely off and take out all listening devices, then talk with your group about these questions or any others you might come up with:

- What was the last movie or tv show you watched? Did you like it? Why or why not?
- When was the last time you took a walk outside, was it fun? Did you get tired?
- When was the last time you cooked a meal? Did you burn it? Was it good or bad?
- When was the last time a friend made you laugh so hard you cried? What was it about?

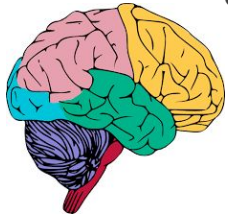
How did this activity make you feel?



Closure



- Eye: What's something new that you saw today?
- Ear: What is something that you heard today that surprised you?
- Brain: Which activity made you think the most?
- Foot: What are the next steps you plan to take with the knowledge you gained today?
- Hand: How can you use this information to help others?
- Heart: How did today's class make you feel?
- Question Mark: What questions do you have about today's lesson?
- Lightbulb: What new idea do you have after class today?



Homework for Next Class

1. At least one time in the next week eat a meal (lunch or dinner) where you and whoever you are eating with have your phones off or on airplane mode.
2. Find a current issue article about social media/technology and the effects it has on mental health.