

# Miss connecting? Try disconnecting.

- A study at the University of Pennsylvania found that high usage of social media sites such as Facebook, Snapchat, and Instagram increases feelings of loneliness.
- The study found that reducing social media usage can actually make you feel less lonely and isolated and improve your overall wellbeing.
- **PRACTICE MINDFULNESS:  
YOU CAN LEARN TO LIVE MORE  
IN THE PRESENT MOMENT  
AND IMPROVE YOUR OVERALL  
MENTAL WELLBEING.**

**Volunteer.** Just as human beings are hard-wired to seek social connection, we're also hard-wired to give to others. **Helping other people or animals** not only enriches your community and benefits a cause that's important to you, but it also makes you feel happier and more grateful.



[www.preventionteam.org](http://www.preventionteam.org)

