

# Side Effects of Social Media

## Product Information

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**Active ingredients:** Connection, community, good feels, humor, information, fake news, cruelty, insults, emotional turmoil.

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**Uses:**

- connect with friends, family
- communicate
- offer and gain support
- build relationships
- share inspiring stories
- find community
- create
- create together
- gain information
- share photos, videos
- promote work

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**Warnings – May cause:**

- Sleep disruption, daytime drowsiness
- Inattentiveness
- Diminished feelings of accomplishment
- Fear of Missing Out (FOMO)
- Feelings of inadequacy
- Feelings of exclusion
- Decreased face-to-face interaction
- Unrealistic appearance standards
- Screen addiction
- Feelings of anxiety
- Chest or stomach pain
- Loss of motivation
- Delays in learning
- Increased risk-taking
- Bullying
- Isolating behaviors
- Decreased physical activity
- Depressive symptoms
- Compromised eye health
- Unrealistic views of self
- Increased self-absorption
- Relationship discord

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**When using this product, keep in mind:**

Short clips (posts, videos, stories) do not truly represent real life. Photoshop edits, filters, and retouching apps intensify unrealistic beauty standards.

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**Directions: not recommended for ages 13 yrs and under**

**For Ages 14 yrs and up:**

- Note which active ingredients you're consuming and various effects.
- Be aware of associated thoughts and feelings during use.
- Curate your feed to experience positive feelings during use.
- Do not use a minimum of thirty minutes prior to bedtime.

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**Keep out of reach:**

- When feeling down, alone, or isolated; can cause negative downward spiral.
- During breakups; can increase difficult feelings, excessive app checking, and hinder ability to let go.
- When IRL interactions are impaired, e.g. opting out of in-person events, limited eye contact.
- When drinking alcohol; may cause excessive messaging, increased embarrassment following day.
- If receiving unwanted advances, nude pics, scams. If instincts say, "this feels off."
- Following a crisis or trauma—seek professional help and in-person connections.

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**Possible Negative Interactions -- Do not mix with:**

- Insecurities—can increase current or create new self-doubts.
- Boredom or infatuation—may cause binge scrolling.
- Feelings of depression or anxiety—may heighten negative emotions.

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**Stop Use or Seek Support if:**

- Use causes obsessive behavior, excessive app checking.
- Use exceeds more than two hours per day.
- Confusion occurs between reality vs. non-reality.
- You feel yourself being sucked into the illusion of perfection.
- Comparisons cause destructive thoughts and feelings.
- Difficult feelings worsen.



# My Social Media Rx

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**Active ingredients:** Describe how social media impacts:

- your thoughts:
  - your mood:
  - how you view yourself:
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**Uses:** How do you want to use your time online?

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**Warnings – May cause:**

What issues concern you about social media?

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**When using this product – keep in mind:**

What have you noticed about yourself or your friends when going online?

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**Directions:** not recommended for ages 13 yrs and under

What do you recommend for yourself?

- Specific apps to delete?
  - Who / What to follow?
  - Who / What to unfollow?
  - Hard stop for time online?
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**Keep out of reach:**

- When...
  - If...
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**Possible Negative Interactions:** What should you avoid mixing with social media?

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WHAT ELSE?

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