

# Social Media, Do you:

**find yourself scrolling your feed more and more?**

**spend hours thinking about what insta filter to use for that selfie that ~~definitely didn't~~ took 57 tries to perfect?**

**use your rinsta to forget about problems you only talk about on finsta?**

**eventually get overwhelmed with FOMO when you try to get through class without your RT button?**

**get salty when your phone is updating and you can't snap your squad?**

**spend all of your time watching snap stories instead of reading your textbooks?**

Social media use has the potential to negatively impact your daily life. It can become a habit that leads to harmful behaviors, such as checking your phone while driving. Excessive use can also be associated with mental health issues such as anxiety, depression, Attention/Hyperactivity Deficit Disorder, and addiction.

**#mentalhealth#socialmediause**

