When stress becomes overwhelming and prolonged, the risks for mental health problems and medical problems increase. Long-term stress increases the risk of mental health problems such as anxiety and depression, substance use problems, sleep problems, pain and bodily complaints such as muscle tension.

### RESOURCE SUGGESTIONS

- Youtube Video: Teen Mental Health
- A Parent’s Guide to Childhood Mental Health
- Raising Joy Podcast (Spotify)
- Healthy Minds, Thriving Kids

### MENTAL HEALTH VS. STRESS

When stress becomes overwhelming and prolonged, the risks for mental health problems and medical problems increase. Long-term stress increases the risk of mental health problems such as anxiety and depression, substance use problems, sleep problems, pain and bodily complaints such as muscle tension.

### MENTAL HEALTH AWARENESS MONTH

When is it time to start thinking about mental health? Mental Health America’s 2022 Mental Health Month toolkit takes us back to the basics with practical resources on starting your mental health journey for life. Learn more: mhanational.org/may

Screening can help catch mental health problems early. Get screened at mhascreening.org. A screening only takes a few minutes, and after you are finished you will be given information about the next steps you should take based on the results.

### Mental Health TERMS TO KNOW

Are you stressed? Take a stress screener HERE
Social Media's Impact on Mental Health

Social media use has been linked to depression, anxiety and loneliness. Recent studies referenced by The Child Mind Institute and The National Center for Health Research suggest people who frequently use social media feel more depressed and less happy with life than those who spend more time on non-screen-related activities.

Almost Addictive - Social media apps and websites have the same kind of effect on the brain as playing a slot machine.

Focusing on Interactions - More trouble can arise when you place too much emphasis on the interactions you receive (or don't) on content you share. Filters are fun... But also Fake - feeling like we have to live up to these unrealistic expectations can lead to disappointment, self-esteem issues, etc.

Feelings of missing out (FOMO) - this can lead to distractions, less information retention and can impact you having real social connections.

Learning people skills - the more we hyper-focus on social media interactions the less time we focus on true connections with other people.

Suggestions For Protecting Your Mental Health
1. Limit time on social media
2. Unfollow sites or people that make you feel bad even if that's not the page's intention
3. Limit the amount you post and what you post
4. Report posts that make you uncomfortable or are inappropriate
5. Take a few days or weeks off of social media and reflect on how it impacts you. You'll be surprised about what you discover!

Information adapted from: https://lancastergeneralhealth.org/health-hub-home/2021/september/the-effects-of-social-media-on-mental-health