Social Lives & Mental Illnesses

Social Media

PROS

- Connects people from all around the world
- Helps communities share news and keep others updated.
- Gives people the opportunity to be more social.
- Give everyone a constant source of communication

CONS

- Causes comparisons
- False representation of real things
- Fake people and profiles
- Only hear good rather than bad causing a fake reality

2 widespread mental illnesses today that are greatly influenced by the media are commonly known as *Depression* & *Body Dysmorphia.*

DEPRESSION

Teenagers spend most of their time sitting on their phones liking or tweeting their followers post. Their whole life is lived through a tiny screen they hold in their hands. They compare their life to the lives of others causing them to be sad for what they have. Teens are never satisfied with their lives anymore. But this doesn't just occur in the lives of teenagers, it also deals with anyone than has a facebook, twitter account, instagram, snapchat, or any type of social media. Everyone gets down about their lives because there is someone that is always better than them.

In today's day in age everyone is consumed with their phones, wherever they may go. Dr. Paual Durlofsky said "Hours of our time can be spent witnessing our friends' family vacations, children's momentous occasions, birthdays, weddings and even difficult life transitions such as divorce, sickness and death. Although social media relationships can have a positive effect on us emotionally, numerous studies have been conducted linking social networking to depression and social isolation while also eliciting feelings of envy, insecurity and poor self-esteem. "

"Comparison is the death of joy."
Mark Twain

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Social media can have such a great impact on lives, but it depends on how the user used it. Seeing others lives on social media makes other feel like their lives aren't good enough. Adding the depression into their life. Everyone needs to stop comparing one another, and live the life they have always wanted.

Body Dysmorphia

Body Dysmorphia is a mental illness where a person sees their body image differently than it truly is. It is more common in girls because they tend to be more concerned with their outward appearance. Social Media is so bad when it comes to Body Dysmorphia. Many posts are edited pictures of women and what they are suppose to look like, even though behind the edits the girl looks like the average person. Social media plays with minds, making users feel like they aren't good enough or that they aren't beautiful.

Mental illness can be triggered by social media. Users need to be aware of their time spend online and what they are doing on their social media accounts. Depression and Body Dysmorphia are just two out of many mental illnesses triggered by a simple post on Instagram or Facebook. Be social without social media!