

Social Media and Mental Health

Recent research has shown that the use of social media can be harmful to mental health. Spending too much time on sites like Facebook and Instagram can make you feel more anxious and depressed. That's because social media often only shows what its users want to see. For example, if you like to go on vacation, you'll see a lot of posts from your friends who have recently traveled. This can make you feel that other people are having more fun than you.

One study has found that people who use social media for long periods of time every day are usually more depressed and lonelier. Other studies have also found that people who spend a lot of time on social media often do not get enough sleep because they stay up late. Lack of sleep can cause mental problems such as depression and anxiety.

Although social media can be a fun way to connect with friends and family, it can also be a source of stress. If you feel anxious or depressed after spending some time on social media, take a break from your accounts. Try spending more time offline with people you care about.

Comprehension question

A. True/ False

1. The use of social media cannot be harmful at all.
2. Depression and anxiety are two examples of mental health problems.
3. Social media can be a source of stress for those who spend more time online.

B. Match two halves

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|---|---|
| 1. If we spend too much time on social media | a. but they can be stressful. |
| 2. If you want to feel less anxious | b. you should try to spend less time online . |
| 3. Social media can be a fun way to connect with friends, | c. we may feel more depressed |

C. Match the words from the passage to the definitions

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|-----------------|---|
| 1. post | a. not go to bed |
| 2. stay up | b. to have a short rest period in one's activities |
| 3. mental | c. related to the mind |
| 4. take a break | d. something such as a <u>message</u> or <u>picture</u> . |

D. Complete the following sentences using the words in the box

| | | | |
|------------|---------|----------|--------|
| Depression | offline | vacation | lonely |
|------------|---------|----------|--------|

1. Sometimes she felt sad and.....
2. The printer was so I couldn't use it.
3. Many children show signs of anxiety and.....after a divorce in the family.
4. They went to Shiraz on.....