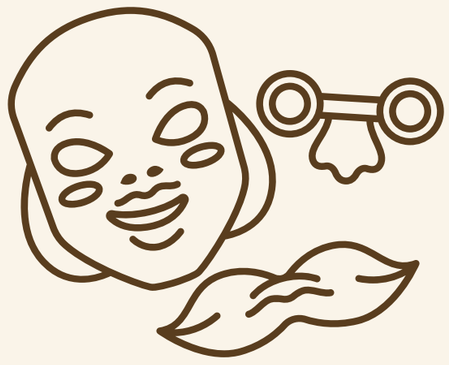
01

Apps can cause a feeling of "reward" through releasing dopamine which we end up chasing



02

Filters are fun...but also fake



03

FOMO does exist and seeing online interactions can increase feelings of exclusion and anxiety



04

Social media interactions can be prioritised over real world interactions



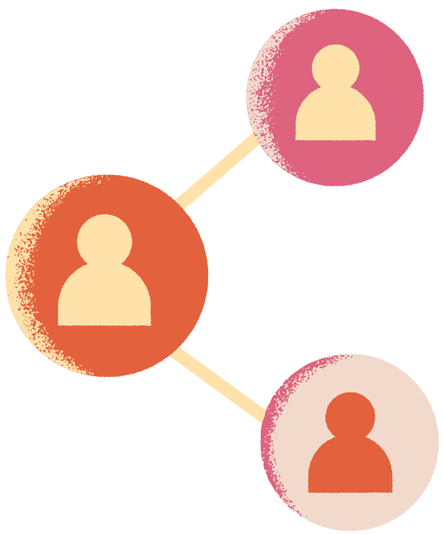
05

It can impact sleep as we join the endless scroll and avoid the zs

IMPACT OF SOCIAL MEDIA

10 gentle reminders

DESIGNED BY ASHLEIGH DINE (SOCIAL WORKER, MARINOTO WEST)



06

Social media can help us stay connected with friends and communities

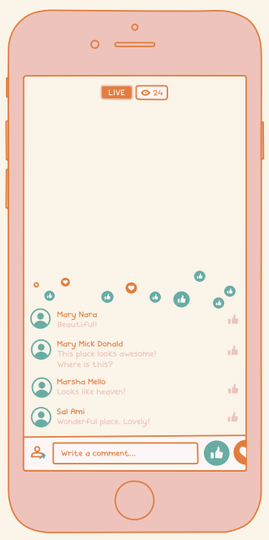


07

Platforms can raise awareness about important issues! (including mental health difficulties)

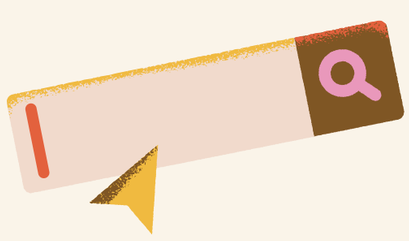
08

Consider limiting your notifications and doing a 'cleanse' of accounts you follow



09

Social media allows us to access a variety of knowledge which has its pros and cons



10

You can use apps to block out social media distractions during study time p.s. check out forest