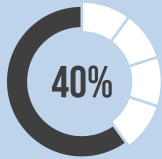


# THE PULSE

## BY THE NUMBERS



The % of teens who experience cyberbullying at some point.



MORE THAN 1 IN 5 U.S. ADULTS LIVE WITH A MENTAL ILLNESS.



On average, we check our phones every 10 minutes. Are we addicted?

Source: [Asurion](#).



## FOCUS

### SOCIAL MEDIA & YOUR HEALTH

This is your notification to change your habits when it comes to social media use. From Facebook to Instagram, these social media platforms can cause anxiety, depression, and other mental health disorders. **#MentalHealthMatters**

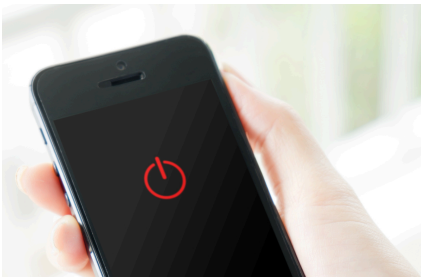


## DETAIL

### LET'S MUTE THE NOTIFICATIONS.

By Isaac A Cruz, Wellbeing Consultant

May is all about bringing awareness to mental health. At every stage of life, our mental health helps us make healthy choices and how we handle stress and affects our other dimensions of well-being such as our physical and emotional well-being. This month, we're focusing on how social media can impact our mental health for the good and the bad. Here's our list of the pros and cons of having social media:



## TIME FOR A DIGITAL DETOX

Unplug for a bit or cut back on the amount of times you check the apps. This includes e-mails, texts, video games, TV and yes, especially your phone!

**A social media break of just one week can reduce anxiety and depression.** Reduce the mindless scrolling and be more present.

#### THE PROS:

- Stay connected with loved ones!
- Network with other people
- Outlet of self-expression
- Awareness
- Have a voice

#### THE CONS:

- Disrupts your sleep cycle!
- It is addicting
- Self-image issues
- Online v Reality perception
- Vulnerable to cyber bullying

Staying socially connected with loved ones and others can reduce stress and improve our self-esteem and self-worth. We tend to depend on social media for this, but it is essential to know that social media platforms can't be a substitute for real-life social interaction. To learn more, [check out the Mental Health America site.](#)