

Nurturing Your Mind in the Digital Age

Exploring the Positive and Negative
Aspects of Technology and Mental Health

Employee Assistance Program

419 W. Redwood St. Suite 560 Baltimore MD 21201

www.umb-eap.org 667-214-1555

Free, confidential counseling and referral program available to employees and family members

Additional support through team building, mediation, crisis response, psychoeducation and support groups

Simple Visit-Telehealth Counseling

Objectives

1

What We Know

Identify trends and patterns from emerging research on relationship between mental health and social media

2

Benefits and Risks

Identify advantages and disadvantages associated with technology and social media use

3

Plan of Action

Learn strategies to digitally detox; create plan to maintain healthy online presence

What We Know

Social Media: An Overview

- What is it?
Motivation for use
- Addiction or problematic use

Research Suggests

-Screen time itself is not directly linked to increasing symptoms of anxiety or depression (BYU, Sarah Coyne)

-Correlations: negative body image, depression, anxiety, narcissism

-Individual Theories vs. Social Theories

Individual Theories

- Sedentary behaviors
- Displaced behavior theory
- Blue Light
- Multitasking



Social Theories

-Social Isolation

-Social Integration

-Quality of Relationships

-Social Network vs. Social Support

Advantages

- Connecting with others
- Making new friends; shared interests
- Community involvement: charity, political activism
- Collaboration
- Accessing health information
- Instant access to resources, support, direct care

Positive Impacts



Disadvantages

- Impact of excessive use
- Sharing too much
- Cyber bullying
- Self Esteem, Body Image
- Access to harmful content

Risks



Prevention/Management

-Active vs. Passive use

-Limit Use

-Be intentional

Prevention/Management

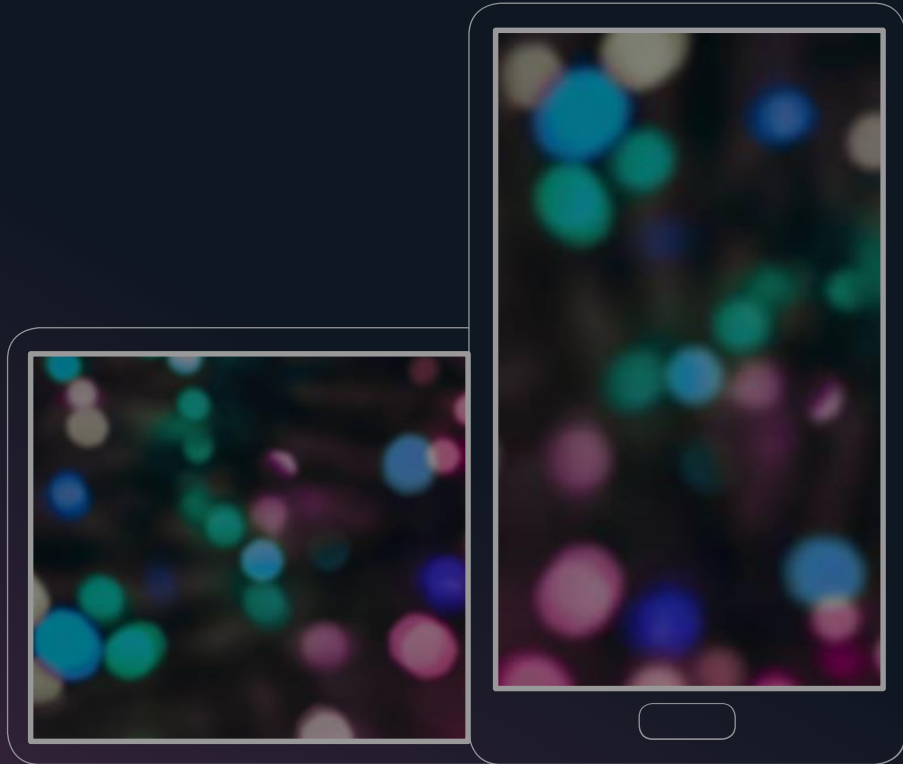
- Digital Detox

- Establish clear social media boundaries

- Evaluate work/life balance

- Audit/Evaluate social media presence

Resources



- -Social Media Curriculum

Social Media literacy

- -Cyberbullying

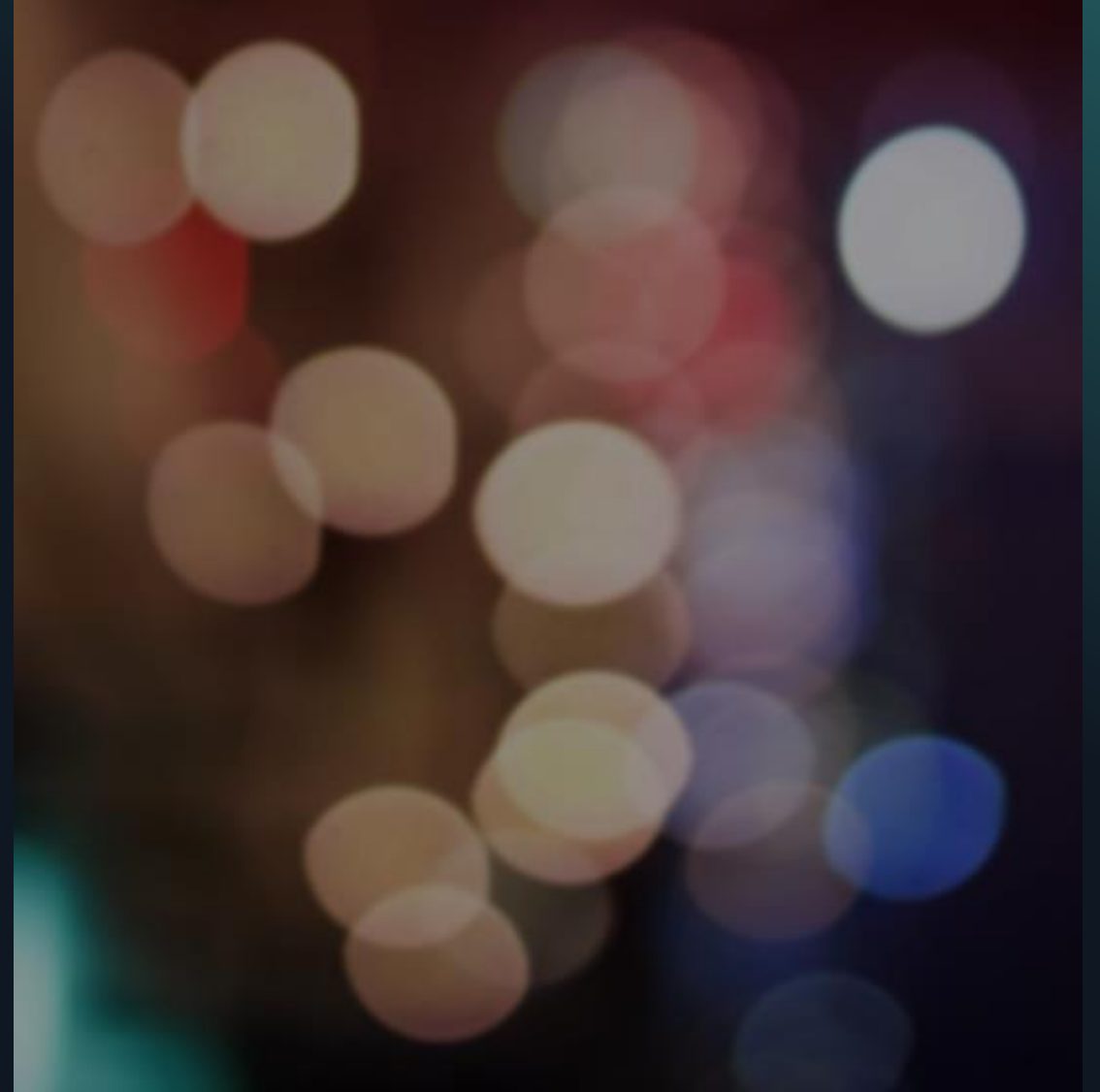
Understanding Cyberbullying

- -PsyberGuide

Mental Health App finder

Notable Apps

- Headspace
- Calm
- Sanity & Self
- Moodfit
- MoodMission
- TalkSpace
- MotivateMe
- PTSD Coach
- Depression CBT Self-Help Guide





Questions?

THANK YOU!

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