SUSTAINING MENTAL HEALTH AMIDST SOCIAL MEDIA NOISES

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One of the most widely discussed topics these days is the stability of one's mental health. Although it is difficult to determine whether a person is going through something or is simply being influenced by the community to which he or she belongs, it is critical to show that person compassion and understanding.

Many, if not all, people in this generation are suffering from mental illnesses, which are most likely caused by improper or excessive use of social media. Even though social media can be useful for publishing and hearing news updates, it may also be cause of anxiety, especially for individuals who are low in self-esteem and are taking anything against themselves.

"How can we maintain our mental health amidst the noises pushed by social media?" one might wonder. "As an experienced guidance advocate, and with all of my studies and the help of the mighty Google, there are some ways to help one stay in their mental health stability.

One thing we must remember in order to keep our minds and bodies stable is to always look for ourselves. There will be no one to help you unless you learn to care for yourself. Regular physical activity can significantly improve the intellect and stimulate the body to release happy hormones, thus taking care of oneself is necessary. A 30-minute jog or walk is adequate for a person.

Eating properly is also important for keeping your mind healthy. What we eat is always what we get, as we all know. An unhealthy lifestyle will also induce physical tension, triggering distress and anxiety in mental aspects.

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Choosing an activity that will divert your attention and keep you busy instead of spending the majority of your time on the internet will also help you maintain what is important today.

Practicing gratitude may appear arrogant to those going through a difficult period, but that is the reality; one must be grateful for what is now, what he or she has, and focus on what is present and the presence of those around us.

Even social media can cause trouble in the minds of others, we can not still deny the fact that it is of help nowadays. Using social media may be a source of evil but one can not just look behind of its help also on daily life and easing of communications.

Staying sustained will be hard but you must not be alone, try to communicate to people or if not to doctors who studied a person's behavior. Social media at the end cannot be marked as a mediator for ruining one's mental aspect. One must just know what is over or what is lacking. One must know about the proper usage of media and try to limit when one cannot handle anymore what is being given on the platform. Connect and then disconnect when applicable.

References:

https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health