

Is Social Media Impacting Your Mental Health? *(Interview Transcripts)*

Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare

“Right now, there are so many people who spend an inordinate amount of time on social media just because some people are stuck at home and kids are not going into schools. I think, in general, mental health depends on what you are consuming on social media.” (:15)

Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare

“Go through your apps. Make a list of what apps you feel better before you go on than after you go on. Figure out how much time you are spending on each app and be aware that apps can be addicting.” (:15)

Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare

“Try to spend time on apps that are positive – maybe nature apps or something that you are interested in or develop a new hobby, learn a new language. But try not to spend much time on the apps that are just for the purpose of comparing one person to another.” (:20)

Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare

“Time yourself on apps that you spend an inordinate amount of time on and say, when my timer rings I’m going off whether I’m right in the middle of something or not.” (:08)

Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare

“The more you click, the further into the rabbit hole you’ll go – and I think we all can be free of that. Actually stay in the here and now. React to the people around us. Even in the cold weather, take a walk. Build a snowman. Do something fun that you maybe haven’t done for a long time.” (:20)