

Social Media Stress

Issue

Social media stress is a new and growing problem. It's so ubiquitous and insidious that most people don't even realize they're stressed until they're almost falling apart - and then they still don't connect the dots around social media being a large part of the problem.

This is how we work as humans: you only have so much energy to spend during a day. This energy is used for everything from running your biology to giving and feeling love. Stress is cumulative, in the day and over long periods of time, and uses energy to manage.

When you're constantly hearing/seeing bad news, as well as being "on call" to every buzz you hear, this uses a lot of energy a little at a time. Comparing your life to the fantasy lives depicted in social media is also extremely anxiety producing.

Solutions

- Take charge and set times once or twice a day you'll choose to check news or social media - don't respond to every alert. This also works for texts, emails, etc.
- Take breaks from news or social media all together
- Feed your life with positive experiences and interactions (nature is great for this!)
- Get active. Do something to address/influence the news stories you're feeling disturbed by. Being just a passive observer is extremely stressful
- It's also even more important to engage with people of varying positions in a firm but open way

The PAA (Psychologists' Association of Alberta) advocates for psychology in Alberta and supports the resilience of Alberta's diverse communities

Source

Dr Ganz Ferrance (2017). "Dr Ferrance and the Response to the US Election" online:
<http://edmonton.ctvnews.ca/video?clipId=1006793> , <http://www.doctorganz.com/>