IT’S YOUR SOCIAL LIFE
SOCIAL MEDIA’S IMPACT ON ANXIETY AND BODY IMAGE

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It’s a Cycle...

Social Media Use

Anxiety  ↔  Body Image
Did you know...

- On average in a lifetime we spend...

TIME SPENT ON SOCIAL IN A LIFETIME

- 8 months
- 1 year, 2 months
- 1 year, 7 months
- 1 year, 10 months
- 18 days

= 5 YEARS, 4 MONTHS ON SOCIAL MEDIA
Objectives

- What is Social Media
- What is Social Media Anxiety
- Triggers/Symptoms
- Effects
- Body Image
- Being Mindful and Responsible
- Human to Human Connection
- Social Media is Amazing
What is Social Media?

- What is social media
  - Social media is the collective of online communications channels dedicated to community-based input, interaction, content-sharing and collaboration.
Social Media Anxiety & Social Media Disorder

- **Social Media Anxiety** is anxiety that is triggered by and/or related to social media use.

- **Just like eating disorders...**
  - There are many symptoms, behaviors and subtypes of social media anxiety. There are findings that are leading towards an official diagnosis of social media addiction and social media disorder—some of what is being assessed is preoccupation, tolerance, withdrawal, persistence, displacement (neglecting other hobbies), problems (arguments on social media), deception, escape, and conflict.
Symptoms and/or Triggers of Anxiety

- “Fear” of _____________
- Unhealthy/Negative Comparisons
- Poor Sleep
- PTSD triggers
  - #metoo campaign
- Eating disorder triggers
  - Thinspiration, diets
- Pressure for social activism
- Depression
Fear vs Anxiety

- What’s the difference?
  - Fear: a response to a definite known threat
  - Anxiety: a response to an imprecise or unknown threat

- Why is it important?
  - To fully understand our experience on social media, and be present to the feelings that come up for us we need to be able to name them. If we can name these feelings and thoughts, we have a better understanding of how to challenge and cope with them.
Notice Your Physical Response

- Fear and anxiety can create similar responses in the body and can hard to distinguish between the two.
  - Noticeably strong or fast heartbeat
  - Excessive sweating
  - Stomachaches and other digestive problems
  - Headaches and dizziness
  - Muscle tension
  - Tiredness and/or insomnia
  - Shortness of breath
  - Sweating and/or feeling as if a rise in temperature

- I challenge you to pay attention to your body while using social media.
  - The physical response in your body is a message that you are feeling threatened and/or distress!
FOMO or AOMO?

- Fear --- or --- Anxiety?
- of missing out
- of rejection
- of inadequacy
- of bad taste
- being wrong
- being judged
- of not being good enough
Unhealthy or Negative Comparisons

- Social Theory— we compare to help find our place in the world, determine our abilities/inabilities, keep us safe
- But sometimes it can be negative
- Social media is not reality, comparing to half truths
What we see... BUT WAIT!!

A typical “perfect moment” social media post

A perfect moment❤️ So in love with our little family! #bestdaddyever #dadlife

Awwww!! So precious! Love them!

What a special moment!
We don’t see all of the *crappy* stuff!
Effects of Social Media Anxiety

- Body Image Disturbance (BID)
  - BID is a Predictor for
    - Depression
    - Low Self-Esteem
    - Alcohol and drug abuse
    - Eating Disorders
    - Unhealthy weight loss behaviors
    - Sexual Assault

- Low self-esteem
- Emotional “Stuffing”
- Bullying
- Unhealthy coping skills
  - Engaging in ED behaviors
  - Isolation
  - Suicidal ideation
How Social Media Influences Body Image

- Accessible/Unavoidable
- Encouraged to filter our bodies
- Diets, Wellness, Shame
- Likes is seen as a measure of self-worth
- Feeding us lies of unattainable expectations
Manipulated to Dislike Our Bodies

The day I feared has come. I have old people’s knees.

No longer the bees’ knees: Should any woman show her legs after 40?
The power of “the like”

Take Back the Power!

- Notice
  - when you start to check for likes and comments.
  - when you start questioning the post, the story behind the post
  - negative self-talk, symptoms of anxiety, physical reactions in your body.
- Pause, take a breath, and step away.
Social Media Likes ≠ Self-Worth

WHAT IF THE NUMBER OF FACEBOOK LIKES I GET

ISN'T A DIRECT INDICATION OF MY WORTH AS A HUMAN BEING?
Being Mindful and Responsible

- Notice your emotions and the physical reactions in your body, use this as a guide to set boundaries and heal.
- Step away, take a break.
- When appropriate, move through it, don’t over think it and let it go
- Unfollow, delete and disengage with social media users who trigger your anxiety and negative emotions.
- Implement a “Digital Sunset”, late night device use and being on social media impedes with our ability to sleep well. Darkness tells your brain to go to sleep. A device that emits not only blue light but lots of dopamine to your brain, says time to be awake! The sun was our first alarm clock. When the sun came up, people woke up. Our brains haven’t adapted the ability to differentiate between sunlight and light emitted from the smartphone when scrolling through Facebook. Screen time before bed, inhibits us from reaching REM sleep.
- Find reliable and diverse resources for information.
- Be kind to yourself, stop negative self-talk!
- Stay true to your values and morals—don’t post something that makes you question this or makes you feel uncomfortable.
- Social media is not a journal, be mindful of what you choose to put out to the world, everyone is not privy or trustworthy to know everything that’s happening in your life!
- Be safe, do not give our personal identifying information or put yourself in an unsafe situation. Not all social media users share the same intentions, in there content and engagement with you.
Being Mindful and Responsible

- Post thoughtfully - Why you are posting? How does it serve you or others? What emotions are you feeling when you are posting? Is this the right space for this? What are you needing in this moment?

THINK

BEFORE YOU POST ONLINE

- Who might be able to read this?
- Could someone misinterpret what I’m saying?
- Am I posting in anger?
- Could someone feel disrespected?
- Am I showing a bad side of myself?
- Am I revealing too much about myself?
Other Avenues to Seek Support

- Part of mindful posting, is to also to consider whether or not social media is the most helpful space to share or ask for support.
  - Call a family member, friend or other support person
  - Schedule an appointment with your therapist, dietitian or doctor
  - Access your coping skills
  - Call a designated hotline
    - National Suicide Prevention Lifeline  (800) 273-8255
    - Crisis Text Line  Text HOME to 741741 for support
    - RAINN Hotline (800) 656-HOPE
  - In an emergency, call 911
Human to Human Connection cannot be supplemented

- Physical touch is therapeutic
- We communicate emotion through touch
- Face to face conversations with people we trust are the time to talk about the intimate details of our lives and process emotions.
Social Media is Actually Pretty Amazing!

- Stay connected, reconnect, meet people
- Can build self-confidence and self-awareness
- Encourages creativity
- Creates opportunities to get involved, through activism, events, etc.
- Self-discovery
- Allows us to explore through others
- Inspiring
- Healing
- Connects us to one another and an empowering recovery community!
Resources

- https://whatis.techtarget.com/definition/social-media
- www.thebodypositive.org
- https://saludmovil.com/benefits-healing-power-human-touch/
Thank you!

Questions?

Feel free to email me at Shannon.Braasch@uhsinc.com