

Course
&
Test Series

Self-Made Assignment - MS Power Point

Inserting and Formatting Pictures in Power Point

Save this PowerPoint Presentation with the name of "Social Media"

- Apply "Adjacency" Theme to all slides.
- Download different types of images and then insert from the insert tab "Picture" group.

 **CBSE**

 **ICSE**

 **NTSE**

 **Banking & Insurance**

 **Central Govt. Service**

 **State Govt. Services**

 **LAW Entrance**

 **MBA Entrance**

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The Rise of Social Media & Mental Health Awareness

Positive and Negative mental health effects of social media

Presented by:.....
Dated:.....

Slide 1: Title slide
(name of the topic with description of the topic)

Benefits of Social Media for Mental Well-being

- Social Connection
- Builds community and connection
- Access to Support & Mental Health Resources
- Enables fast communication and global friendships
- Self-Expression & Identity
- Mental Health Awareness
- Global Perspective & Inspiration
- Encourages learning and empathy



Slide 2: Title and Content (Benefit of Social Media for Mental Well-being and add relevant image)

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Negative Effects of Social Media

- **Anxiety & Depression:** Linked to excessive screen time and comparison
- **FOMO (Fear of Missing Out):** Leads to low self-esteem
- **Social Comparison:** Unrealistic portrayals of life online
- **Cyberbullying:** Emotional harm, especially among teens
- **Addiction:** Compulsive use leads to procrastination and sleep issues



Slide 3: Title and Content

(Negative Effects of Social Media and add image according to you)

Research & Statistics

Recent studies have shown a strong link between social media use and mental health, especially among adolescents. A 2023 systematic review of over 50 studies found that increased screen time, particularly on smartphones and social media, is associated with lower psychological well-being in teenagers. The negative effects were more pronounced in girls, with higher rates of depression and anxiety. In the U.S., a large study involving over 50,000 children and adolescents reported that those using screens for more than 4 hours per day had significantly higher odds of experiencing anxiety, depression, attention problems, and sleep disturbances. These effects were often worsened by lack of physical activity and irregular sleep patterns

Slide 4: Blank Slide
(Some Research and Statistics data)

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Coping Strategies & Healthy Use

- **Set screen time limits** using phone or app settings
- **Use screen time trackers** to monitor daily usage
- **Curate your feed** – unfollow negative accounts, follow positive/inspiring ones
- Take regular **digital detoxes** (e.g., no social media for a day or weekend)
- Practice **mindful scrolling** – notice how apps make you feel
- Replace screen time with **offline activities** like reading, exercise, or hobbies
- **Avoid social media before bed** to improve sleep quality
- Seek **professional help** if social media use affects your mental health

Slide 5: Title and Content Slide
(How we use it in a healthy way)

Conclusion:

In conclusion, social media is a powerful tool that can influence mental health in both positive and negative ways. While it helps us stay connected, express ourselves, and access support, it can also contribute to anxiety, depression, and low self-esteem when used excessively or without awareness. The key is to use social media **mindfully and in moderation**. By setting healthy boundaries, curating positive content, and taking regular breaks, we can reduce its harmful effects and enhance our well-being. Ultimately, it's not about avoiding social media entirely—but learning how to **use it in a way that supports, rather than harms, our mental health.**

Slide 6: Title and Content Slide
(Add Conclusion at last)